

Adding Protein to Your Diet

Cheese	Melt on sandwiches, hamburgers, vegetables, eggs and desserts such as pies; grate and add to sauces, casseroles, vegetable dishes, mashed potatoes, rice, noodle, meat loaf and breads. Stuff fruits or vegetables with cottage cheese or ricotta cheese. Try adding cottage cheese or ricotta to casseroles, spaghetti, noodles, and egg dishes such as omlettes, scrambled eggs, and souffles. Add cottage cheese to gelatin and pancake batter. Use soft cheese to stuff crepes, pasta shells, or manicotti.
Desserts	Have dessert made with eggs or milk such as custards, puddings, ice cream, yogurt, or frozen yogurt.
Egg (needs to be well-cooked during chemotherapy)	Add chopped hard cooked eggs to salads and dressings, vegetables or casseroles; beat eggs into mashed potatoes; add an extra egg to french toast and pancake batter.
Meat/Fish	Add small pieces of any cooked meat or fish to vegetables, salads, casseroles, soups; use in omelets, sandwich fillings, chicken and turkey stuffing.
Powdered Milk, Whey or Plant Protein Powders	Add to milk drinks such as eggnog and milkshakes; use in casseroles; add to ground beef for meat loaf, hamburger and meatballs; add to breads, sauces, scrambled eggs, cream soups, puddings and custards and other milk based desserts. Mix 1 cup powdered milk to 1 quart of regular milk and substitute this for regular milk whenever possible.
Peanut Butter	Spread on sandwiches, toast, muffins, crackers, waffles; fruit slices such as apples, bananas or pears; use as a dip for raw vegetables like carrots, cauliflower or celery; add to meat loaf, cookies, breads, muffins; blend with milk drinks; swirl through soft ice cream and yogurt; top cookies and cakes.

Nuts, Wheat Germ, Seeds, Nut Butters	Add to casseroles, breads, muffins, pancakes, cookies, and waffles. Sprinkle on fruit, cereal, ice cream, yogurt, vegetables, salads, toast. Try using in place of bread crumbs. Blend with parsley ,spinach, or herbs. Cream for a noodle, pasta, or vegetable sauce. Roll banana in chopped nuts.
Beans/Legumes	Cook and use peas, legumes, beans, hummus, baked beans, bean soups, refried beans, and tofu in soups or add to casseroles, pastas, and grain dishes that contain cheese or meat. Mash cooked beans with cheese and milk.
Quinoa	Use as breakfast cereal with cinnamon and dried fruits. Use as a replacement for pasta in pasta salad. Combine with chick peas, fresh cut vegetables, herbs, spices and oil and vinegar of other dressings.

Reviewed by Theresa Shepherd, MS, RD, CDN, CSO, 2/2018.