

# Easy Meal & Snack Ideas



## Incorporate high calorie, high protein food into dishes.

- Melt or grate cheese into sandwiches, vegetables, eggs, or casseroles.
- Add cottage or ricotta cheese to casseroles or egg dishes.
- Use milk in place of water or broth in beverages, cooking, or puddings.
- Mix nuts into smoothies.
- Spread nut butters onto muffins, crackers, waffles, or fruit.
- Add beans and legumes to dishes that already contain cheese and meat.



## Snack ideas

- Crackers and cheese or nut/seed butter
- Quesadilla - tortilla with melted cheese (add beans and/or chicken for additional protein)
- Yogurt - add fruit and/or cereal for additional nutrients
- Cottage Cheese - add fruit for additional nutrients
- Hard boiled eggs
- Trail mix - mix up nuts, seeds, dried fruit, chocolate chips, pretzels
- Apple or banana with nut/seed butter
- Roll ups - deli meat rolled with cheese
- Smoothies or lassi using frozen or canned fruit and yogurt



## Easy to prepare or grab & go snack/meal options

- Cheese sticks
- Trail mix
- Granola bars
- Protein bars
- Salad kits (look for them on sale) - top with canned tuna, chicken, beans
- Canned soups with crackers
- Sandwiches - nut/seed butter, tuna, chicken salad, cheese
- Mini muffins



## Soft-Food Friendly

- French toast
- Chicken salad, tuna salad
- Lentil stew or dal
- Meatloaf
- Khichri/kichdi
- Macaroni and cheese
- Lasagna or other pasta
- Soups (bean, cream, chicken noodle or matzo ball soup)
- rice porridge such as congee, jook, kanji
- Soft cooked rice, beans, or curry