

Soft and Moist High-Protein Menu Ideas

Note: For items marked with an asterisk (*), ask your registered dietitian (RD) for the recipe.

Eggs and Egg Dishes

- Hard-boiled eggs
- Scrambled eggs
- Poached eggs
- French toast
- Custard
- Deviled eggs
- Egg salad
- Quiche
- High-protein gelatin*
- Omelet
- Soufflé

Other: _____

Meat Salads

- Chicken salad
- Ham salad
- Roast beef salad
- Seafood salad
- Tuna salad
- Turkey salad

Other: _____

Soft Meats

- Beef stew
- Chicken pot pie
- Flaked fish with dill sauce
- Meatloaf with gravy
- Minced casserole
- Soufflé
- Ground hamburger in creamy sauce

Other: _____

Soft Cheese Foods

- Cheese cake
- Macaroni and cheese
- Grated cheese on top of soup or casserole
- Cheese cubes
- Cottage cheese
- Cheese topping on baked or mashed potato
- Twice-baked potato*
- Fondue
- Cheese sauce on vegetables

Other: _____

Milk and Dairy Foods

Note: Use reduced-lactose milk if you are unable to tolerate large amounts of dairy products.

- “Double-strength” milk*
- Eggnog (pasteurized, not homemade)
- Ice cream
- Mousse
- Pudding pops
- Chocolate milk
- Powdered milk mixed into casseroles
- Malts
- Frozen yogurt
- Smoothies
- Creamy hot cereals
- Hot cocoa made with milk
- Milkshakes
- Pudding
- Yogurt

Other: _____

Soups

- Bean soup
- Cream of celery
- Cream of tomato
- Split pea soup
- Cream of asparagus
- Cream of chicken
- New England clam chowder
- Cream of broccoli
- Cream of mushroom
- Potato soup

Other: _____

Legumes

- Baked beans
- Hummus
- Peanut butter
- Pork and beans
- Tofu

Other: _____
