

When eating doesn't sound good

Sometimes you may not feel like eating, even if you know the importance of good nutrition. This handout offers tips to help you:

- regaining your strength and energy
- keeping your body healthy
- healing and recovering from surgery or illness and fighting infection

These recipes can be modified to match your food preferences. For example, lactose-free or dairy alternatives can be used instead of dairy products, or apple juice can be used in place of orange juice.

Beverage recipes

Fruit smoothie

Makes 1 serving

Ingredients

- $\frac{3}{4}$ cup orange juice
- 1 banana
- 6 frozen strawberries
- 3 tablespoons protein powder or dry milk powder

Directions

- Combine all ingredients in a blender.
- Blend until smooth.

Nutrition information per serving

- 350 calories
- 19 grams protein

Eggnog

Makes 1 serving

Ingredients

- ½ cup whole milk
- 1 tablespoon sugar
- ¼ cup vanilla ice cream
- ¼ cup egg substitute, refrigerated or frozen egg
- Note: Do not use whole eggs (raw eggs are not safe to eat).

Directions

- Combine all ingredients in a blender.
- Blend until smooth.

Nutrition information per serving

- 210 calories
- 11 grams protein

Double-strength milk

Makes 1 serving

Ingredients

- 1 cup whole milk
- ¼ cup powdered whole milk

Directions

- Stir milk powder into whole milk and whisk until dissolved.

Nutrition information per serving

- 290 calories
- 16 grams protein

Hot chocolate

Makes 1 serving

Ingredients

- 1 cup whole milk
- ¼ cup powdered whole milk
- 1 packet hot cocoa mix

Directions

- Heat whole milk in microwave or in a saucepan over medium heat for 2 to 3 minutes until warm.
- Add hot cocoa mix and powdered milk and stir until dissolved.
- Optional: Add whipped cream or marshmallows for extra calories.

Nutrition information per serving

- 370 calories
- 16 grams protein

Breakfast recipes

Cheesy scrambled eggs

Makes 1 serving

Ingredients

- 2 eggs
- ¼ cup 2% cottage cheese or cheddar cheese
- 1 tablespoon butter
- Salt and pepper to taste

Directions

- Whisk eggs, cheese, and salt and pepper in a small bowl.
- Melt butter in a skillet over medium-low heat.
- Cook eggs for about 2 minutes or until set.

Nutrition information per serving

- 330 calories
- 18 grams protein

Overnight oatmeal

Makes 1 serving

Ingredients

- 1 tablespoon peanut butter
- $\frac{1}{3}$ cup whole milk
- $\frac{1}{4}$ cup whole-milk Greek yogurt
- $\frac{1}{4}$ cup rolled oats
- 2 teaspoons honey
- 1 teaspoon chia seeds
- $\frac{1}{4}$ teaspoon cinnamon
- $\frac{1}{2}$ cup blueberries

Directions

- Add all ingredients except blueberries to a mason jar. Cover with a lid and shake until well mixed.
- Fold in blueberries.
- Cover and refrigerate overnight.

Nutrition information per serving

- 480 calories
- 19 grams protein

High-protein pancakes

Makes 6 servings

Ingredients

- 1 cup pancake mix
- 1 egg
- $\frac{1}{2}$ cup whole milk
- $\frac{1}{2}$ cup whole-milk Greek yogurt

Directions

- Combine all ingredients and whisk until mixed.
- Scoop $\frac{1}{4}$ cup of batter onto a hot griddle or pan.
- Cook for 2 to 3 minutes, then flip.
- Continue cooking until brown on both sides.
- Repeat until all batter is used.

Nutrition information per serving

- 110 calories
- 5 grams protein

Avocado toast

Makes 1 serving

Ingredients

- 1 slice sourdough bread, toasted
- ½ fresh avocado, mashed
- ¼ cup chickpeas, mashed
- 1 hardboiled egg, sliced
- ¼ cup green lettuce such as spinach or arugula
- Salt and pepper to taste

Directions

- Layer toast with avocado spread, mashed chickpeas, hardboiled egg slices, and lettuce. Add salt and pepper to taste.

Nutrition information per serving

- 420 calories
- 12 grams protein

Lunch and dinner recipes

Tuna salad

Makes 4 servings

Ingredients

- 6-ounce can tuna
- 2 hardboiled eggs, chopped
- ¼ cup onion, chopped
- 2 tablespoons sweet pickle relish
- ¼ cup mayonnaise (or more, if desired)

Directions

- Mix drained tuna with eggs, onion, relish, and mayonnaise. Refrigerate until serving.

Nutrition information per serving

- 200 calories
- 12 grams protein

Cream soup

Makes 3 servings

Ingredients

- 10.5-ounce can condensed cream soup (such as cream of chicken or cream of mushroom)
- 12-ounce can evaporated milk
- 1 small jar strained turkey or chicken (baby food)

Directions

- Combine all ingredients in a blender and blend until smooth.

Nutrition information per serving

- 370 calories
- 18 grams protein

Mashed potatoes

Makes 3 servings

Ingredients

- 2 pounds baking potatoes, peeled and quartered
- $\frac{2}{3}$ cup whole milk
- $\frac{1}{3}$ cup heavy whipping cream
- $\frac{1}{4}$ cup powdered whole milk
- 2 tablespoons butter
- $\frac{1}{2}$ teaspoon salt
- Salt and pepper to taste

Directions

- Place peeled and cut potatoes in a large pot. Add cold salted water until potatoes are covered by at least 1 inch. Add $\frac{1}{2}$ teaspoon salt to the water.
- Bring water to boil, then lower heat to medium and simmer for 20 minutes.
- Drain water.
- Add remaining ingredients and mash to desired consistency.
- Add salt and pepper to taste.

Nutrition information per serving

- 321 calories
- 14 grams protein

Macaroni and cheese

Makes 6 servings

Ingredients

- 8 ounces dry pasta
- 2 cups cheddar cheese, shredded
- 2 tablespoons butter
- 2 tablespoons flour
- 1 cup whole milk
- $\frac{1}{4}$ cup sour cream
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{4}$ teaspoon garlic powder
- Optional: Add cooked pulled chicken or BBQ pork for additional calories and protein

Directions

- Cook pasta according to package directions and set aside.
- Melt butter over medium heat in a medium saucepan.
- Add flour and whisk while heating for 1 minute.
- Add milk and stir over heat, whisking until smooth.
- Add sour cream and whisk until thickened.
- Add cheese and seasonings, and stir until melted and smooth.
- Add pasta and stir over heat.
- Add chicken or pork, if desired.

Snack recipes

Energy bites

Makes 24 servings

Ingredients

- $\frac{3}{4}$ cup nut butter
- $1\frac{3}{4}$ cups old-fashioned oats or quick-cooking oats
- $\frac{1}{3}$ cup honey (or slightly more if needed for binding)
- $\frac{1}{3}$ cup semisweet chocolate chips
- Optional: $\frac{1}{4}$ cup wheat bran, hemp seeds, flax seeds, chia seeds

Directions

- Add all ingredients to a mixing bowl and stir until fully combined.
- Line a baking dish or rimmed cookie sheet with wax or parchment paper.
- Use a spoon or your hands to form the dough into about 24 tablespoon-sized balls. Place in a single layer on the baking dish or cookie sheet.
- Refrigerate for 1 hour or freeze for at least 20 minutes.

Nutrition information per serving

- 100 calories
- 3 grams protein

Greek yogurt parfait

Makes 1 serving

Ingredients

- 1 cup whole-milk Greek yogurt
- 2 tablespoons nut butter
- ½ cup fruit
- ¼ cup granola
- 2 tablespoons honey

Directions

- Mix together yogurt, nut butter, and honey.
- Serve topped with fruit and granola.

Nutrition information per serving

- 671 calories
- 25 grams protein