

## 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

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

### Meat Salads and Soft Meats

- Chicken salad
- Seafood salad
- Ham salad
- Tuna salad
- Roast beef salad
- Turkey salad
- Beef stew
- Meatloaf
- Ground hamburger with gravy/cream sauce
- Minced casserole
- Soufflé
- Flaked fish with dill sauce
- Chicken pot pie

### Soft Cheese Foods

- Cheese cake
- Macaroni and cheese
- Cheese cubes
- Cottage cheese
- Cheese topping on baked or mashed potato
- Twice-baked potato\*
- Fondue
- Cheese sauce on vegetables

## Dairy Foods and Milk

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

## 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

## Grains, Nuts and Legumes

- Baked beans
- Hummus
- Peanut butter
- Almond butter
- Pork and beans
- Tofu, soft or silken
- Oatmeal
- Cream of wheat