



Valley Children's

High Calorie
High Protein Food Guide



Valley
Children's
HEALTHCARE

Breakfast	
Egg & Cheese Scramble	Add additional butter, cheese, and whole milk when scrambling eggs.
Avocado Toast	Butter toast and add mashed avocado on top. Add shredded cheese or fried egg for protein.
Bagel Sandwich	Spread cream cheese on a bagel, add slice of cheese, fried egg, and veggies of choice.
High Calorie Waffles	Spread peanut butter or nutella on waffle and top with banana slices and syrup.
High Calorie Oatmeal	Mix oatmeal with whole milk and top with peanut butter, butter, brown sugar, and fruit.
Cereal and Milk	Always use whole milk with your favorite cereal. Add some banana slices too!
High Calorie Parfait	Full-fat Greek yogurt mixed with peanut butter topped with honey, granola, and fruit.

Lunch & Dinner	
Bean & Cheese Burrito	Add extra cheese in your bean burrito. Butter the outside of the tortilla and grill on stove.
Buttered Noodles	Add melted butter and parmesan cheese to your child's favorite noodles.
Grilled Cheese	Add extra cheese to your sandwich and butter the sandwich and toast.
Tuna or Egg Sandwiches	Add mayonnaise to tuna or boiled egg and serve on buttered toast.
Nachos	Layer chips with beef, melted cheese, guacamole, refried beans, sour cream, and salsa.
Extra Cheesy Chili	Add extra cheese and sour cream to the chili. Try serving chili over fries.
Loaded Mashed Potatoes	Add gravy, cheese, sour cream, and bacon to your mashed potatoes.

Dessert					
Jello & whipped cream	Peanut Butter Cups	Pumpkin Bread & Cream Cheese	Ice Cream Sundae	Cookies & Whole Milk	Peanut Butter Rice Krispie Bars
Ice Cream Sandwiches	Pudding with Whipped Cream	Donuts	S'mores with Nutella	Apple Pie with Ice Cream	Cheesecake

Avocado Toast

Whole Wheat Toast
+
Avocado

Parfaits

Full-Fat yogurt
+
Berries
+
Granola

Trail Mix

Nuts
+
Dried Fruit & Seeds
+
M&Ms

Cracker Sandwiches

Cheese or Peanut
Butter
+
Crackers

Bean Dip & Chips

Bean dip
+
Cheese
+
Tortilla Chips

Sweet Popcorn

Popcorn
+
Butter
+
Chocolate Chips

Banana Boats

Banana
+
Nutella
+
Chocolate chips

Ants on a Log

Celery Sticks
+
Peanut Butter
+
Raisins

Hummus

Hummus + Olive Oil
+
Veggie Sticks or
Crackers

Popcorn

Popcorn
+
Butter
+
Parmesan Cheese

Dippers

Veggies Sticks
+
Salad Dressing

Fruit Dip

Fruit
+
Cream Cheese Fruit
Dip

Cookies

Cookies
+
Whole Milk

Apple & Caramel

Apple slices
+
Caramel Dip

Guacamole

Guacamole
+
Chips

Chocolate Peanut Butter Shake

1070 calories

- ½ cup heavy whipping cream
- 3 tbsp. creamy peanut butter
- 3 tbsp. chocolate syrup
- 1 ½ cup chocolate ice cream

Blend in blender.

Heavenly Hot Chocolate

416 calories

- 3 oz milk chocolate
- 1 tsp butter
- 1/4 tsp vanilla
- 1 cup half and half

Melt chocolate and butter. Add vanilla, slowly stir in half and half, Reheat to desired temperature.

Carnation Shake

505 calories

- 1/2 cup half and half
- 3/4 cup ice cream
- 1 packet carnation instant breakfast

Blend in blender.

Orange Sherbet Shake

480 calories

- 3/4 cup orange sherbet
- 2 Tbsp honey
- 1/2 cup 7-up
- 2 Tbsp corn oil

Blend in blender.

Peaches & Cream

630 calories

- 1 cup whole milk
- 1 cup vanilla ice cream
- 1 cup canned peaches
- 1/4 tsp vanilla extract
- 1/4 tsp salt

Blend in blender.

Grape Slush

493 calories

- 2 grape juice bars
- 2 Tbsp honey
- 1/2 cup grape juice
- 1 Tbsp oil

Blend in Blender

Apple Pie A La Mode

525 calories

- 1 cup apple pie filling
- 1 cup vanilla ice cream
- 1/2 cup whole milk
- Dash of cinnamon

Blend in blender.

Strawberry Crush

640 calories

- 2 cup frozen strawberries
- 6 Tbsp sugar
- 1/2 cup crushed pineapple
- 1/4 cup lemon juice
- 1/2 medium banana
- 2 Tbsp honey
- 1/2 cup water

Blend in blender.

High Calorie High Protein Shopping List

Protein	Starch	Fat
<ul style="list-style-type: none"> • Beans & Legumes • Beef • Chicken • Eggs • Fish • Ham • Nutella • Nuts (almonds, cashews, peanuts, etc) • Peanut Butter • Pork • Tuna 	<ul style="list-style-type: none"> • Bread • Cereal • Cookies • Crackers • Granola • Pancakes, Waffles, French Toast. • Popcorn • Potatoes (mashed, twice baked, french fries, scalloped) • Rice 	<ul style="list-style-type: none"> • Avocado • Butter • Gravy • Mayonnaise • Margarine • Oil • Salad Dressing • Sour Cream
Dairy	Fruits & Veggies	Canned
<ul style="list-style-type: none"> • Cheese • Full-Fat yogurt • Powdered Milk • Whole Milk 	<ul style="list-style-type: none"> • Fruit Canned in Heavy Syrup • Vegetables in Cream Sauce 	<ul style="list-style-type: none"> • Cream soups (clam chowder and cream of broccoli)

How can I add more calories and protein to my child's diet?

- Add extra butter or oil to your child's toast, cooked cereal, cooked eggs, pancakes, waffles, potatoes, rice, and popcorn.
- Use sour cream and sour cream dips on baked potatoes, crackers, meats, fruits, and vegetables.
- Mix mayonnaise with your favorite salad dressings and add to salads and vegetables.
- Serve peanut butter, nutella, or whipped cream with fruit and desserts.

Breakfast

Supplement:

Snack

Lunch

Supplement:

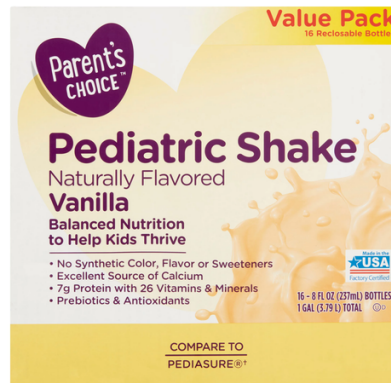
Snack

Dinner

Supplement:

Snack

What nutrition supplements can I give my child?



Give your child _____ per day.

Easy Chicken Pasta Melt

- 1 1/4 cup milk
- 1 cup Alfredo pasta sauce
- 2 tbsp parmesan cheese
- 1/4 tsp garlic powder
- 9 oz refrigerated fettucine, uncooked
- 5 small boneless/skinless chicken breast or thigh
- 1 cup shredded mozzarella cheese

1. Heat oven to 400°F.
2. Bring milk and Alfredo sauce to a boil in large saucepan on medium heat, stirring occasionally. Mix Parmesan, parsley and garlic powder until blended.
3. Separate fettuccine noodles. Add to sauce; stir to evenly coat. Transfer to 13x9-inch baking dish sprayed with cooking spray; top with chicken, Parmesan mixture and mozzarella.
4. Bake 30 minutes or until chicken is done (internal temperature of 165°F).



Peanut Butterscotch Krispies

- 1 cup light corn syrup
- 1 cup sugar
- 1 cup peanut butter
- 6 cups Kellogg's® Cocoa Krispies® cereal
- 1 package (6 oz., 1 cup) semi-sweet chocolate morsels
- 1 cup butterscotch chips

1. Place corn syrup and sugar into 3-quart saucepan. Cook over medium heat, stirring often, until sugar dissolves and mixture begins to boil. Remove from heat. Stir in peanut butter. Mix well. Add KELLOGG'S RICE KRISPIES cereal. Stir until well coated. Press mixture into 13 x 9 x 2-inch pan coated with cooking spray. Set aside.
2. Melt chocolate and butterscotch chips together in 1-quart saucepan over low heat, stirring constantly. Spread evenly over cereal mixture. Let stand until firm. Cut into 2 x 1-inch bars when cool.

Cheesy Mashed Potatoes

- 4 cups prepared potatoes (homemade or instant)
- 1/2 cup shredded cheddar cheese
- 1/2 cup sour cream
- 3/4 cup parmesan cheese
- 9 slices crumbled bacon
- 1/4 cup onion, chopped
- salt and pepper to taste
- Topping
Ingredients:
- 1/4 cup butter, melted
- 1/4 cup parmesan cheese
- 1 cup dry bread crumbs

1. Preheat oven to 350 degrees
2. In a large bowl, mix together mashed potatoes, cheddar cheese, sour cream, parmesan cheese, bacon, onion, salt, and pepper.
3. Place potato mixture in a greased 2-quart casserole dish.
4. To make the topping, place the melted butter, parmesan cheese, and bread crumbs in another large bowl.
5. Spread topping mixture over potato mixture.
6. Bake for 30 minutes or until topping is golden brown.



Energy Balls

- 2/3 cup creamy peanut butter
 - 1/2 cup semi-sweet chocolate chips
 - 1 cup old fashioned oats
 - 2 tbsp honey
1. Combine all ingredients in mixing bowl and stir.
 2. Refrigerate for 15-30 minutes.
 3. Roll into individual bite-sized balls.