

Vegetarian High Protein High Energy Diet

This resource provides vegetarian high protein high energy eating ideas to help prevent further weight or muscle loss, or to assist with weight gain.

A High Protein High Energy Diet is useful when:

- ☐ You are underweight.
- ☐ You are losing weight without trying.
- ☐ You are unable to eat enough due to poor appetite or nausea.
- ☐ You have increased energy and protein needs.

High protein vegetarian foods include:

- Dairy products e.g. cow's milk, soy milk and high protein milk alternatives, cheese, yoghurts, desserts
- Eggs
- Tofu, tempeh or mycoprotein products e.g. *Quorn*™
- Legumes e.g. chickpeas, lentils, black beans, kidney beans, baked beans
- Nuts, nut butters and seeds
- Protein supplements or powders (speak with your dietitian for suitable options)

High energy vegetarian foods include:

- Salad dressings, oils (including olive, coconut, peanut, canola, avocado, walnut, etc)
- Cakes, biscuits, snack foods, chocolate and lollies
- Avocado
- Ice cream, cream and their alternatives
- Dried fruit
- Fruit juice, smoothies or bowls
- Dips (e.g. hummus, tahini)

High protein high energy tips and strategies:

- Eat small, frequent meals that are high in protein and energy. Aiming for 6 small meals per day can help increase how much protein and energy you are eating.
- Don't rely on your appetite – try to eat by the clock and eat something every 2-3 hours.
- Drink nourishing fluids such as milk, juice, protein supplements, or smoothies instead of tea, coffee, or water. Ask your dietitian about *High Energy High Protein Drinks* recipes.
- Add extra energy and protein to your meals, such as extra cream, oil, cheese, eggs, legumes.
- Eat the protein part of your meal first, before you feel too full. For example, eat your protein (e.g. eggs, tofu, legumes) before your vegetables.
- Prepare meals in bulk and freeze leftovers. Stock cupboards with convenience foods such as canned soup, long life milk or try pre-prepared/delivered meals. Ask your Dietitian about our *Delivery Home Meal & Grocery Options* and *Nourishing Convenience Foods* handouts.

Things I can do to optimise my energy and protein intake:

For further information, contact your dietitian or nutritionist _____

Sample meal plan

Breakfast

Muesli (lots of nuts, seeds and dried fruit) with full fat milk, fresh fruit and maple syrup.
Toast spread thickly with nut butter, jam or honey.
Coffee made on full fat milk.
Eggs – scrambled or fried.

Milk adds protein.

Nut butter, jam and honey provide extra energy.

Morning Tea

Cheese and crackers and/or tub of high protein yogurt (e.g. *Chobani*[™] or *YoPro*[™]).
Smoothie made with milk, fruit, ice-cream and LSA.
Handful of nuts and seeds.

Soy milk is a good source of energy and protein.

Lunch

Baked beans and cheese toastie.
Egg and lettuce sandwich.
Fruit smoothie with ice-cream/yoghurt.
- Consider adding extra *Sustagen*[™] Neutral or milk powder.

A smoothie is a high energy substitute for plain tea or water.

Avocado, hummus and cheese are tasty sources of extra energy.

Afternoon Tea

Full fat milk coffee or milkshake served with cake.

Another easy but tasty way to add more energy.

Dinner/Tea

Tofu and nut stir-fry or curry served with fried rice or noodles.
Fried vegetarian spring rolls or samosa and pappadums.

Extra oil gives extra energy while the tofu and nuts add protein.

Supper

Hot chocolate/milo on milk.
Yoghurt, custard or ice-cream with stewed fruit or frozen berries.
Dessert (rice pudding, chocolate mousse).

A high protein and energy finish to your meal.