

2300 Calorie Meal Plan Moderate to High Nutritional Risk With Goal to Gain Weight



Day 1	Day 2	Day 3	Day 4	Day 5
<p>Breakfast 1 serving of Apple Cinnamon Instant Hot Oatmeal 1 banana 1 bottle of Ensure Complete™</p> <p>Lunch 1½ cups of vegetable soup ¾ cup tuna salad on 2 slices of whole grain bread ½ cup grapes 1 cup coffee</p> <p>Snack 1 bottle of Ensure Complete</p> <p>Dinner 4 oz meatloaf ½ cup mashed potatoes ½ cup green beans 1 cup skim milk 1 serving of strawberry shortcake</p> <p>Calories: 2340 Grams of Protein: 113</p>	<p>Breakfast 2 scrambled eggs 1 slice of whole grain toast with butter 1 cup orange juice</p> <p>Lunch 1 grilled chicken wrap – 3 oz grilled chicken ¼ cup lettuce ¼ cup diced tomatoes 1 tbsp ranch dressing 1 flour tortilla ½ cup pretzels 1 medium apple 1 cup iced tea</p> <p>Snack 1 bottle of Ensure Complete</p> <p>Dinner 3 oz baked chicken ½ cup cooked broccoli ½ cup cooked rice 1 dinner roll with butter 1 cup skim milk 1 brownie</p> <p>Snack 1 bottle of Ensure Complete</p> <p>Calories: 2360 Grams of Protein: 110</p>	<p>Breakfast 1 whole wheat English muffin with butter ½ cup diced cantaloupe 1 cup skim milk</p> <p>Lunch 1 grilled cheese 1 cup tomato soup 1 bottle of Ensure Complete</p> <p>Snack 1 medium apple</p> <p>Dinner 3 oz baked salmon ½ cup cooked pasta ½ cup cooked zucchini, squash, and peppers 1 cup tossed salad and 2 tbsp salad dressing 1 cup iced tea ½ cup sherbet</p> <p>Snack 1 bottle of Ensure Complete</p> <p>Calories: 2290 Grams of Protein: 94</p>	<p>Breakfast 1 cup bran cereal with ½ cup skim milk and ½ cup sliced strawberries 1 bottle of Ensure Complete 1 cup coffee</p> <p>Lunch 1 hamburger ½ cup roasted potatoes 1 cup cherries 1 cup iced tea</p> <p>Snack 1 bottle of Ensure Complete</p> <p>Dinner 1 cup spaghetti and meatballs w/ tomato sauce 1 piece of garlic bread 1 cup tossed salad with 2 tbsp salad dressing 1 cup skim milk</p> <p>Calories: 2280 Grams of Protein: 99</p>	<p>Breakfast 1 soft boiled egg 1 slice of whole grain toast with butter ½ cup diced watermelon 1 bottle of Ensure Complete</p> <p>Lunch 1 turkey sandwich with whole grain bread 3 oz deli turkey 1 slice cheese 1 piece of lettuce 1 tbsp light mayonnaise 1 oz potato chips 1 cup grapes 1 bottle of Ensure Complete</p> <p>Dinner 1 3 oz baked BBQ pork chop 1 piece of corn on the cob with butter ½ cup baked beans ½ cup coleslaw 1 dinner roll with butter 1 cup skim milk ½ cup light vanilla ice cream with ¼ cup fresh berries</p> <p>Calories: 2310 Grams of Protein: 99</p>

well nourished is well prepared

2300 Calorie Meal Plan Shopping List*



well nourished is well prepared

Nutrition Shakes

- 3 four-packs of Ensure Complete™

Fresh Fruits & Vegetables

- 1 fresh banana
- 1 lb red seedless grapes
- ½ pound fresh green beans
- 1 pound strawberries
- 1 head lettuce
- 1 fresh tomato
- 2 fresh apples
- 1 bag baby carrots
- 1 bag celery
- 1 pound fresh broccoli
- ½ fresh cantaloupe
- 1 fresh zucchini
- 1 fresh yellow squash
- 1 fresh red pepper
- 1 pound of fresh cherries
- ¼ fresh watermelon
- 1 piece corn on the cob
- 1 container raspberries or blackberries
- 1 onion
- 1 bag baking potatoes

Dairy

- 1 gallon skim milk
- 1 pound cheese
- 1 dozen eggs
- 1 container spreadable butter
- 1 container veggie dip
- 1 container light cottage cheese
- 1 container prepared coleslaw

Beverages

- ½ gallon orange juice
- ½ gallon apple juice
- 1 gallon iced tea

Meat

- 2 pounds ground beef
- 2 chicken breasts
- 3 oz salmon fillet
- 3 oz pork chop
- 1 pack Canadian bacon
- ½ pound deli turkey

Grains, Canned Goods & Prepacked Goods

- 1 box bran cereal
- 1 box Apple Cinnamon Instant Oatmeal
- 1 box crackers
- 1 bag pretzels
- 1 bag potato chips
- 1 can vegetable soup
- 1 can tomato soup
- 1 can tuna
- 1 can baked beans
- 1 box dry pasta – any shape
- 1 box spaghetti
- 1 container canned peaches
- 1 bottle ranch dressing
- 1 box white or brown rice
- 1 pack flour tortillas
- Coffee
- 1 container dried bread crumbs
- 1 small bag brown sugar
- 1 small container prepared mustard
- 1 small bottle ketchup
- 1 bottle spaghetti sauce
- 1 small bottle mayonnaise
- 1 bottle barbeque sauce
- 1 box brownie mix
- 1 pound cake

Bread

- 1 loaf whole grain bread
- 1 pack whole wheat English muffins
- 1 pack dinner rolls
- 1 bag hamburger buns

Frozen Foods

- 1 tub whipped cream
- 1 container sherbet
- 1 container light vanilla ice cream
- 1 bag frozen meatballs
- 1 bag garlic bread



Under medical supervision

www.ensure.com

*Shopping lists are based on estimates for meals to serve 1 person. Amounts may vary.

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