



COMMUNITY HEALTHCARE SYSTEM®
HEALTHY 4 LIFE
ADVANCED WEIGHT LOSS CENTER
HOBART • MUNSTER

High Protein Pureed Diet Re

Grilled Cheese

- 1 slice whole wheat/high fiber bread
- 2 slices fat-free American cheese
- "I Can't Believe It's Not Butter!" spray
- 3 tbsp. warm skim milk

Heat non-stick pan over medium heat. Spray one side of bread with "I Can't Believe It's Not Butter!" spray. Place buttered side down on pan, top with cheese and heat until cheese melts and bread is toasted brown. Fold sandwich in half and cut into four pieces. Place in blender and puree on high, adding milk until smooth. Adjust the amount of milk used for thicker or thinner consistency.

Yield: 1 serving
Calories: 146
Protein: 12.0 grams.

High Protein Breakfast Shake

- ½ cup fat-free plain yogurt
- ¼ cup skim milk
- ½ small banana
- ¼ cup non-fat dry milk

Mix all ingredients together in blender.

Yield: 1 serving
Calories: 125 per serving
Protein: 12.0 grams per serving

High Protein M

- 2 tbsp. mashed po
- ½ cup hot skim mil
- 2 tbsp. nonfat dry r
- skim milk and heat
- mix. Mix well with a
- stands.

Use Butter Buds or

Yield: 1 serving
Calories: 148
Protein: 10.0 gram

Chicken/Fish/T

- 4 oz. meat cooked
- 6 tbsp. low fat grav

Chop meat into sm
gradually adding gr

Yield: 2 servings
Calories (per servin
Protein (per serving

Tuna Salad

- 1 - 6 oz. can light t
- 2 tbsp. fat-free Mira
- 1 tsp. mustard
- ½ tsp. onion powde