



High Calorie Gluten Free (GF) Diet

Tips for increasing calories in your diet:

- Do not skip meals.
- Add snacks between your meals and at bedtime.
- Keep foods and snacks that are easy to prepare or pre-packaged around the house.
- Make meal time pleasant by cooking with friends or preparing special dishes.
- Plan meal times around energy levels- if you are most energetic in the morning, plan breakfast as your biggest meal.
- Many naturally GF foods are high in calories: oils, creams, butters, cheeses, eggs, avocado, nuts and nut butters
- Try liquid supplements: supplements such as Ensure[®], Boost[®], Carnation[®] Breakfast Essentials^{™**}, or others pack in 250 calories per serving. The “Plus” versions of these products contain even more calories per serving.

****Be sure to check the labels for gluten-containing ingredients. Not all Carnation[®] drinks are gluten-free (malt flavors are NOT gluten free)**

Beverage Ideas:

- Make everything you eat and drink count.
 - Choose high calorie drinks over water; use peach, pear or papaya nectar, cranberry juice, orange juice, fruit punch, lemonade, Kool-Aid[®], chocolate milk** (check chocolate milk for gluten-containing ingredients).
- If you have medications to take, take them with beverages that have calories in them such as milk, juice or even soda.
- Fortify milk by adding dry milk powder – 1 cup powder to 1 quart milk.
- Add ice cream, GF protein powder, dry milk powder, or other flavored syrups to whole milk (chocolate or strawberry, etc.).

Cooking and Meal Ideas:

- Use half and half, whole milk or evaporated milk, instead of low-fat or non-fat milk, for drinking and preparing cream soups, custards, puddings, and milkshakes.
- Make GF custards and puddings with eggs or egg substitute.
- Use margarine or butter often: on vegetables, rice, GF noodles and GF breads, in hot GF cereals, on sandwiches or GF crackers.

- Cook meats, fish, poultry or eggs in oil, margarine or butter; GF noodles and rice are good fried.
- Use mayonnaise whenever possible - put it on both sides of your bread for sandwiches.
- Add jam, jellies, Nutella[®], and honey to GF bread, toast or rolls.
- Use lots of margarine, butter or nut butters (peanut butter, almond butter, cashew butter, etc) and syrup on GF pancakes, GF waffles and GF French toast.
- Brown or white sugar and honey are great on GF cereals.
- Choose fruits in heavy syrup.
- Use liberal amounts of peanut butter, whole milk cheeses, cottage cheese or cream cheese on GF breads, GF bagels or GF rolls.
- Use regular yogurt instead of low or non-fat.
- Add hard cooked eggs to vegetables and casseroles.
- Nuts and sunflower seeds provide calories and protein; eat as a snack or add them to salads, GF cookies, GF muffins, and GF hot cereal

Examples of Ready-Made Nutritional Supplements*

Milk-Based Products:
Carnation[®] Breakfast Essentials[™] or store equivalent (note: not all varieties are GF; malt flavors are not GF)
Scandishake[®] /ScandiCal[®] (1-800-472-2634) http://www.axcan.com/us_scandishake.php?lang=1
Nutra-Shake[®] (1-800-654-3691) www.nutra-balance-products.com
Premier Protein[®] Shake (1-888-836-8977) www.premiernutrition.com/products/protein_shake.html
*Egg Nog
Kefir (fermented milk drink)
Lactose-Free Products:
Ensure[®] /Ensure Plus[®]
Boost[®] /Boost Plus[®]
Boost[®] or Ensure[®] Puddings
Many stores also have store brand equivalents of these products

***Always check the label for questionable ingredients.**

Other products also available. UVAHS does not endorse one product or brand.

High Protein and Calorie Shakes

NOTE: Make sure all ingredients are Gluten Free

Milk-Based Shakes (You can substitute any of the following in place of milk: GF liquid nutritional supplements, soy milk, tofu, Lactaid[®] milk, or non-dairy creamers). **Calorie and protein amounts are per serving.**

KEY LIME DELIGHT SHAKE

2 cups vanilla yogurt
6 oz key lime yogurt
2 ripe bananas
1/3 cup milk (or substitute)

Put all ingredients into a blender and blend until smooth. Makes 2 servings.

360 calories, 12 gm protein

HIGH PROTEIN/HIGH ENERGY SHAKE

1/2 cup milk (or substitute)
1 package instant breakfast (*malt flavors are not GF)
1/4 cup egg substitute
1/2 cup ice cream

Put all ingredients into a blender and blend until smooth.

470 calories, 22 gm protein

MILKSHAKE

3/4 cup milk (or substitute)
1 cup ice cream

Put all ingredients into a blender and blend until smooth.

360 calories, 10 gm protein.

Flavoring ideas:

- 1 to 2 Tbsp chocolate or strawberry syrup
- 1/2 mashed banana
- 1/4 to 1/2 cup fresh or frozen strawberries

NANA-PEANUT SHAKE

1/2 cup milk (or substitute)
1 banana
2 1/2 Tbsp peanut butter
1 cup vanilla ice cream

Place milk in blender container. Add banana, peanut butter and ice cream. Cover; blend on high for one minute or until thick and smooth. Makes 2 servings. *330 calories, 10*

SHERBET SHAKE

3/4 cup milk (or substitute)
1 cup sherbet, any flavor

Put ingredients into blender and blend until smooth.

*360 calories, 8 gm protein
(when made with 2% milk)*

JUICE SHAKE

3/4 cup pineapple juice (or other juices)
1/4 cup egg substitute (optional)
1-1/2 cups vanilla ice cream

Put all ingredients into a blender and blend until smooth. *630 calories, 13 gm protein*

THE SUPER SHAKE

1 can Ensure[®] Plus/Boost[®] Plus or equivalent
1 cup whole milk
1/2 cup ice cream

Put all ingredients into a blender and blend until smooth. Makes 2 servings.

370 calories, 14g protein

HIGH PROTEIN MILK

1 quart low fat milk
1 cup nonfat dried milk powder

Blenderize ingredients until powdered milk dissolves. Refrigerate.

BREAKFAST SHAKE

6 oz. can frozen concentrated orange juice
¼ cup cold water
1 cup ice cubes
1 carton (8 oz.) plain yogurt

Combine all ingredients except ice cubes in blender, blend until frothy. With mixture still running, drop in ice cubes one at a time. Makes 2 servings.
240 calories, 8 gm protein

Creamsicle Breakfast Shake

¾ cup vanilla or plain yogurt
¾ cup orange juice
1 pack vanilla instant breakfast (***malt flavors are not GF**)

Blend all ingredients together in blender.

STRAWBERRY CHEESECAKE SHAKE

(not sweet)
6 to 7 strawberries ½ cup cold milk
½ cup cottage cheese Honey to taste

Combine all ingredients in blender until smooth. *270 calories, 18 gm protein*

Cocoa Supreme

1 envelope chocolate instant breakfast
(*malt flavors are not GF)
8 oz milk
1 tsp chocolate syrup

Heat milk and add instant breakfast and syrup. Stir well to blend. Top with marshmallows.

Coffee Buzz

2 tsp of GF instant coffee, mixed in 1 TBSP water
1 cup milk (or substitute)
1 pack of chocolate or vanilla instant breakfast

Blend all ingredients together

Fruit Drinks

HIGH PROTEIN FRUIT DRINK

8oz Resource® Breeze®*
½ cup sherbet
6 oz ginger-ale

Combine all ingredients in blender until smooth.

FROZEN FRUIT SLUSH

6 oz can frozen fruit juice
4 Tbsp sugar
3 cups crushed ice

Combine all ingredients in blender and mix until slushy.

STRAWBERRY-BANANA FRAPPE (not sweet)

1 cup milk (or substitute)
2 bananas
1 carton (8 oz.) strawberry yogurt
1 Tbsp lemon juice

Combine all ingredients in blender. Makes 2 servings. *275 calories, 9 gm protein*

Other Recipes

CHOCO-PB PUDDING

2 cups GF chocolate pudding ½ cup peanut butter
2 ½ Tbsp nonfat dry milk 1/3 cup milk (or substitute)

Milk ingredients together well in a bowl. Refrigerate.

Alternatives: Try substituting vanilla or butterscotch pudding, or try omitting peanut butter.

CHOCO-PB COOKIES

1 cup natural peanut butter 1 cup sugar
1 egg ½ cup chocolate chips (or more to taste)

Pre-heat oven to 375°F.

Mix all ingredients together until smooth. Form dough into 1 inch balls and drop onto ungreased cookie sheet. Bake for 10 minutes.

Makes approx 2 dozen cookies.

“GORP” (Good Ole Raisins and Peanuts)

3 cups Rice Chex[®], or other GF cereal
½ cup salted peanuts (or almonds, cashews, etc.)
½ cup raisins
½ cup semi-sweet chocolate chips

Mix all ingredients in large bowl. Divide portions into small sandwich baggies.

CEREAL NUT CLUSTERS

6 cups rice Chex[®] or other GF cereal 1 ½ cups granulated sugar
18oz GF mixed nuts ½ cup honey
1 cup (2 sticks) butter 2 tsp vanilla extract

Mix cereal and nuts in a large roasting pan. Stir to distribute nuts and cereal.

In a medium saucepan, combine butter, sugar and honey. Bring to a boil, stirring occasionally for 3-4 minutes. Continue to cook for another 3-5 minutes, until the mixture reaches the “soft ball” stage. This is when a drop of the mixture forms a soft ball when dropped in a small glass of cold water.

Remove the pan from the heat and stir in vanilla. Carefully pour the hot mixture over the cereal and nuts and gently stir to coat all dry ingredients. Spread the mixture evenly on a large baking sheet lined with parchment paper and allow to cool. When cool, break the mixture into clusters. Store in an airtight container.