

# How To Boost Your Meals and Snacks!

If your appetite is down, you may want to consider different ways of boosting the nutritional value of the food you do eat to make the most out of each bite.

Here are a few tasty and energy-packed ideas for you to try!

**Go ahead! Adjust to your taste and have fun!**

## Meals

### Smoothies



- **Combine** fruit + milk + high-fat yogurt
- **Add:**
  - › Nut or seed butter
  - › Powdered milk
  - › Silken tofu
  - › Avocado
- **Top with:**
  - › Nuts
  - › Seeds
  - › Fresh or dried fruit

### Toast



- **Top with:**
  - › Peanut butter + sliced banana
  - › Sliced cheese + apple sauce
  - › Mashed avocado
  - › Butter and scrambled eggs
  - › Cottage cheese and fresh fruit

### Oatmeal



- **Combine** rolled oats + milk + powdered milk
- **Stir in:**
  - › Fresh, dried or frozen fruit
  - › Nuts or seeds
  - › Peanut or nut butter

### Pasta



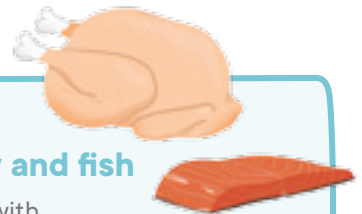
- **Add** to your [creamy or rosé sauces](#)
  - › Powdered milk
  - › Silken tofu purée
- **Enrich** your tomato-based sauces with:
  - › Meat
  - › Firm tofu, crumbled
  - › Legumes
- **Drizzle with:**
  - › Oil
- **Bake** in the oven with grated cheese until it begins to melt

### Cream soups



- **Pour** milk after the vegetables have cooked
- **Blend** together with:
  - › Canned legumes
  - › Powdered milk
  - › Silken tofu
- **Drizzle with:**
  - › Oil
  - › Cream

### Meat, poultry and fish



- **Serve** with a [creamy sauce](#)
- **Add** powdered milk to your side sauces like creamy or butter-based sauces, curry sauce, etc.
- **Bake** in the oven with grated cheese until it begins to melt

### Salads



- **Mix in:**
  - › Canned legumes like lentils, black beans, chickpeas
  - › Cubed or grated cheese
  - › Peanuts, nuts or seeds
- **Serve** with an oil-based dressing

**Psst! Some super snack tips this way!**



## Snacks

### Milk



- **Choose** higher-fat varieties
- **Quench** your thirst with a glass of milk
- **Make** a milkshake: milk + fruit + ice cream
- **Add** cocoa powder + a pinch of sugar + vanilla extract

### Yogurt



- **Choose** higher-fat varieties
- **Add:**
  - › Nuts or seeds
  - › Powdered milk
  - › Rolled oats or breakfast cereal
  - › Fresh, dried or frozen fruit

### Crackers



- **Add:**
  - › Cheese + sliced apples
  - › Peanut butter + fruit spread or jam
  - › Spreadable cheese
  - › Hummus

### Fruit



- **Blend** into a smoothie (see above)
- **Serve** with a yogurt or chocolate dip
- **Roll** a banana or other sliced fruit in a tortilla with nut or seed butter

### Eggs



- **Serve** hard-boiled eggs with raw veggies & dips
- **Add** cheese to your scrambled eggs
- **Make** egg salad with mayonnaise or yogurt and spread on bread or crackers

### Veggies & dip



- **Whip up** a dip to serve with veggies:
  - › Yogurt and mayonnaise
  - › [Béchamel sauce](#) with spinach and cheese
  - › Hummus
  - › Spreadable cheese

## A few tips to keep in mind!

- **Steer clear** of “light” or “fat-free” products.
- **Boost** your favourite recipes with oil, powdered milk, or ground nuts.
- **Mix it up!** It's the perfect time to try different types and combinations of food. After all, variety is the spice of life!

