

HIGH-PROTEIN IDEAS FOR LOW-APPETITE DAYS

A simple, printable list for days when preparing or eating a full meal feels like too much. Choose foods and portions that work for you.

NO COOKING REQUIRED

- Greek yogurt with berries and granola
- Cottage cheese with pineapple or strawberries
- Turkey and cheese roll-ups with crackers
- Hummus, cheese, fruit, and whole-grain crackers

DRINKABLE OPTIONS

- Milk or fortified soy milk smoothie with fruit and Greek yogurt
- Ready-to-drink protein shake, if appropriate for you
- Thinner fruit-and-yogurt smoothie served in a smaller glass

SMALL WARM MEALS

- Scrambled eggs with toast
- Mini chicken-and-cheese quesadilla
- Bean-and-cheese quesadilla
- Small serving of salmon with rice

EASY SNACKS

- Hard-boiled egg with crackers and fruit
- Cheese stick with fruit
- Individual Greek yogurt cup
- Edamame or hummus with vegetables

Keep it easy: Stock two or three options you usually enjoy. Pair protein with fruit, vegetables, whole grains, or other foods when possible. You do not have to eat everything at once.

Important: This is an idea sheet, not a complete meal plan. If low appetite persists, you are skipping meals regularly, or you have nausea, fatigue, or concerns about getting enough nutrition, speak with your healthcare professional or a registered dietitian.