



AGED CARE

HIGH PROTEIN MAIN MEAL ALTERNATIVES

- Omelette (min 2 eggs)
- Scrambled eggs (min 2 eggs)
- Boiled eggs (min 2 eggs)
- Mini frittata - add mix (min 2 eggs) to muffin pans, cook and keep in freezer
- Baked beans (½-1 cup)
- Tinned sardines/ tuna/ salmon (100-120g)
- Steamed fish (100-120g)
- Tuna patties (150-200g) (can be pre made and frozen)
- Vegetable patties (made with legumes) (150-200g)
- Cold meat/ roast beef - can be served with vegetables or salad (80-100g)
- Salad plate (include a protein such as 80-100g cold meats, chicken, 2 eggs, ½-1 cup 3-4 bean mix, 2 slices cheese)
- Sandwich with a 40-50g protein filling (e.g. 2 slices meat/ chicken/ cheese)

For any processed items, look for at least 15-20g protein per serve.