

The Best Foods to Help You Meet Protein Goals

Reaching your protein goal after surgery doesn't need to be hard. Include one of these protein-rich foods or beverages at each meal and you're sure to hit your goal with ease.

	Full Liquid	Pureed	Soft	Regular
Ready-to-drink protein shakes or protein water	x	x	x	x
Protein powders mixed with water or milk	x	x	x	x
Protein powders blended with fruit	x	x	x	x
Fairlife milk (higher in protein)	x	x	x	x
Milk, skim, 1% or 2%	x	x	x	x
Carbmaster white or chocolate milk (only at Kroger)	x	x	x	x
Carbmaster yogurt smoothies (only at Kroger)	smooth	x	x	x
Yogurt, Dannon Oikos Triple Zero	smooth	x	x	x
Yogurt, Dannon Two Good	smooth	x	x	x
Yogurt, Carbmaster (only at Kroger)	smooth	x	x	x
Yogurt blended with Fairlife milk and fruit	x	x	x	x
Yogurt, plain Greek, add fruit flavored protein powder	x	x	x	x
Pudding, no added sugar (ready to eat)	x	x	x	x
Pudding, instant mix – increase protein with Fairlife milk or protein powder	x	x	x	x
Soup, blended and strained	x	x	x	x
Soup, blended		x	x	x
Soup, add extra chicken or meat, blended		x	x	x
Soup			x	x
Soup, add extra chicken or meat			x	x
Chili, (beef, turkey, chicken, vegetarian) blended		x	x	x
Chili, (beef, turkey, chicken, vegetarian)			x	x
Hot cocoa, no added sugar, made with milk	x	x	x	x
Fudgesicles, no added sugar	x	x	x	x
Carnation Instant Breakfast, no added sugar	x	x	x	x
Refried beans, mashed		x	x	x
Refried beans			x	x
Cottage cheese, mashed		x	x	x
Cottage cheese			x	x
Low fat gravy blended with meat		x	x	x
Egg substitute (Egg Beaters), lightly scrambled		x	x	x
Eggs (scrambled, fried, hard or soft boiled)			x	x
Tuna, add seasoning and light dressing, finely chopped		x	x	x
Tuna, add seasoning and light dressing			x	x
Tuna, add fresh celery, onion and light dressing				x
Chicken, canned, add seasoning and light dressing, finely chopped		x	x	x
Chicken, canned add seasoning and light dressing			x	x
Chicken salad with fresh vegetables				x
Meat, fish or poultry blended		x	x	x
Meat or poultry, ground or finely shredded			x	x
Fish, flakey, baked			x	x
Meat, fish or poultry (moist and tender is best)				x
Deli meat (lean turkey, chicken, ham, or roast beef)			x	x
Hummus		x	x	x
Beans, mashed (avoid baked beans with added sugar)		x	x	x
Beans (avoid baked beans with added sugar)			x	x
Vegetarian burgers			x	x
Vegetarian meat substitutes			x	x
Tofu			x	x
Turkey sausage				x
Cheese, low fat (light mozzarella cheese sticks, light Baby Bell, Light Laughing Cow, 2% milk cheese)			x	x
Protein bars, low sugar – great for emergencies				x
Peanut butter, smooth, in liquid recipes (limit due to high fat)	x	x	x	x
Peanut butter, smooth (limit due to high fat)		x	x	x
Powdered peanut butter, in liquid recipes	x	x	x	x
Powdered peanut butter		x	x	x