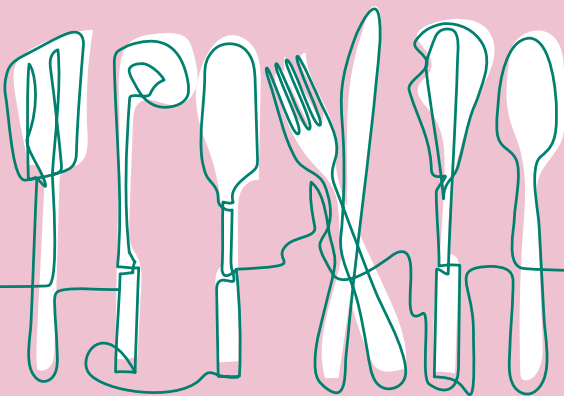


# The **Pro-Cal**<sup>TM</sup> Recipe Book

for individuals with kidney disease



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# INTRODUCTION

This booklet details simple recipe ideas that you could try to increase your energy and protein intake using **Pro-Cal™ powder** and / or **Pro-Cal shot™**.

**Pro-Cal powder** is a powdered, neutral-tasting oral nutritional supplement that can be added to a wide variety of foods and drinks to increase their energy (calorie) and protein content.

**Pro-Cal shot** is a low volume, energy dense oral nutritional supplement, that provides fat, protein and carbohydrate. **Pro-Cal shot** is available in neutral, strawberry and banana flavours.

**Pro-Cal powder** and **Pro-Cal shot** can be used to provide additional energy (calories) and protein at times of illness, when your appetite is reduced or when you have experienced unintentional weight loss.

The recipes in this booklet have been specifically designed for the dietary management of disease related malnutrition for patients with kidney disease. Refer to labels for allergens and other product information.

Heating and freezing **Pro-Cal powder** and **Pro-Cal shot** could affect some of the products' nutrient levels. Please ask your healthcare team/dietitian for advice to ensure you are meeting all your nutritional needs. The nutrient information on the **Pro-Cal powder** and **Pro-Cal shot** packaging reflect the nutrient levels when prepared as directed on the packaging.

**Please note that the dietary management of kidney disease is individual to each patients' requirements, so it is essential that you check with your dietitian which recipes are suitable for you.**

N.B. The nutritional information provided for each recipe has been calculated using Nutrimer nutritional analysis tool. All values are approximate and may vary depending on the product or brand used. Nutrimer is based on United Kingdom nutritional values for foods<sup>1</sup>.

1. McCance RA, Widdowson EM. McCance and Widdowson's the Composition of Foods. Royal Society of Chemistry, 2014 Sep 24.









# Tuna & Sweetcorn Bagel



## Serving suggestion

Swap lettuce for other permitted salad.

## Tuna & Sweetcorn Bagel

Preparation time:	Cooking time:	Recipe makes:
10 minutes	0 minutes	1 portion

### Each portion provides:

Calories (kcal)	Protein (g)	Phosphorus mg/mmol	Potassium mg/mmol	Sodium mg/mmol
525	17	139 / 4.5	182 / 4.6	476 / 20.5

### Ingredients:

15g (1 sachet) *Pro-Cal powder*

65g Ready-made tuna and sweetcorn sandwich filler (with mayonnaise)

1 White bagel

2 Lettuce leaves

### Method:

1. Mix *Pro-Cal powder* into tuna and sweetcorn sandwich filler until combined.
2. Spread the mixture evenly over a halved bagel and add lettuce leaves. Top with the other half of the bagel.

### Dietitians comments:

Always check with your Dietitian that this recipe is suitable for you.



**Pro-Cal™ powder** is a Food for Special Medical Purposes and must be used under medical supervision. Refer to labels for allergen and other product information.

# Chicken & Sweetcorn Pitta



## Serving suggestion

Swap lettuce for other permitted salad if desired.

## Chicken & Sweetcorn Pitta

Preparation time:	Cooking time:	Recipe makes:
10 minutes	0 minutes	1 portion

### Each portion provides:

Calories (kcal)	Protein (g)	Phosphorus mg/mmol	Potassium mg/mmol	Sodium mg/mmol
436	16	156 / 5	222 / 5.5	333 / 14.3

### Ingredients:

15g (1 sachet) *Pro-Cal powder*

1 tsp Full fat mayonnaise

65g Ready-made chicken and sweetcorn sandwich filler (with mayonnaise)

1 White pitta pocket

2 Lettuce leaves

### Method:

1. Mix *Pro-Cal powder* and mayonnaise into the chicken and sweetcorn sandwich filler until combined.
2. Toast the pitta pocket and fill with the chicken mix and lettuce.

### Dietitians comments:

Always check with your Dietitian that this recipe is suitable for you.



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# Asparagus and Pepper Quiche



## Serving suggestion

Enjoy warm or cold with a salad as advised by your dietitian.

# Asparagus and Pepper Quiche

Preparation time:	Cooking time:	Recipe makes:
30 minutes	25 minutes	2 portions

### Each portion provides:

Calories (kcal)	Protein (g)	Phosphorus mg/mmol	Potassium mg/mmol	Sodium mg/mmol
473	12	223 / 7.1	327 / 8.2	126 / 5.4

### Equipment:

Oven dish 18cm x 4cm

### Ingredients pastry:

85g Plain flour  
15g (1 sachet) *Pro-Cal powder*

25g Unsalted butter (extra for greasing)  
20ml Cold water

### Ingredients filling:

35g Red pepper, diced  
15g Spring onion, diced  
30g (3 spears) Asparagus, trim ends  
1 Medium egg

30g full fat cream cheese  
60ml (½ bottle) of *Pro-Cal shot* (neutral flavour)  
Pepper to taste  
Mixed herbs to garnish

### Method:

1. Preheat the oven to 200°C/180°C fan/gas mark 5.
2. **For the pastry;** combine flour with *Pro-Cal powder* in a bowl and rub in the butter until a sandy texture is formed. Add water and mix until a pastry dough is formed. Roll out pastry to fit dish, grease dish and line with pastry.
3. **For the filling;** place red pepper and spring onion on pastry, lay asparagus lengthways on top.
4. In a bowl, mix the egg, cream cheese, *Pro-Cal shot* and pepper.
5. Pour the mixture over vegetables and garnish with mixed herbs. Cook in the oven for 25 minutes.



*Pro-Cal powder* and *Pro-Cal shot*™ are Foods for Special Medical Purposes and must be used under medical supervision. Refer to labels for allergen and other product information.

Main meal

### Dietitians comments:

Always check with your Dietitian that this recipe is suitable for you.







# Lemon Drizzle Cupcake



## Top tip

For a different topping, make icing with orange juice and zest.

## Serving suggestion

Serve with a sprinkle of lemon zest on top.

# Lemon Drizzle Cupcake

Preparation time:	Cooking time:	Recipe makes:
10 minutes	18 minutes	2 portions

## Each portion provides:

Calories (kcal)	Protein (g)	Phosphorus mg/mmol	Potassium mg/mmol	Sodium mg/mmol
474	7	145 / 4.7	141 / 3.5	206 / 8.9

## Equipment:

Cupcake tin lined with 2 cupcake cases

## Ingredients cupcake:

30g White sugar	½ tsp Bicarbonate of soda
30g Unsalted butter	1 Medium egg, beaten
30g (2 sachets) <i>Pro-Cal powder</i>	1g Lemon zest
30g Plain flour	2ml Lemon juice

## Ingredients icing:

60g Icing sugar	1g Lemon zest (grated)
7ml Water	3ml Lemon juice

## Method:

1. Preheat the oven to 200°C / 180°C fan / gas mark 5.
2. **For the cupcake;** cream together the sugar and butter in a bowl. Add *Pro-Cal powder*, flour and bicarbonate of soda, mix well.
3. Combine the beaten egg with the dry ingredients to make a batter. Mix the lemon zest and juice into the batter.
4. Spoon half of the mixture into each cupcake case and bake for 15-20 minutes.
5. **For the icing;** mix icing sugar, water, lemon zest and juice together to form a paste.
6. Once the cupcakes are baked, allow to cool slightly. Then remove them from the cupcake tin and top with icing.



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## Dietitians comments:

Always check with your Dietitian that this recipe is suitable for you.



# Vanilla Cupcake



## Serving suggestion

Serve with sprinkles on top.

# Vanilla Cupcake

Preparation time:	Cooking time:	Recipe makes:
10 minutes	18 minutes	2 portions

### Each portion provides:

Calories (kcal)	Protein (g)	Phosphorus mg/mmol	Potassium mg/mmol	Sodium mg/mmol
550	7	148 / 4.7	139 / 3.5	207 / 8.9

### Equipment:

Cupcake tin lined with 2 cupcake cases

### Ingredients cupcake:

30g White sugar	¼ tsp Bicarbonate of soda
30g Unsalted butter	1 Medium egg, beaten
30g (2 sachets) <i>Pro-Cal powder</i>	½ tsp Vanilla essence
30g Plain flour	

### Ingredients butter cream icing:

50g Icing sugar	¼ tsp Vanilla essence
25g Unsalted butter	

### Method:

1. Preheat oven to 200°C/180°C fan/gas Mark 5.
2. **For the cupcake;** cream together the sugar and butter in a bowl. Then add *Pro-Cal powder*, flour, bicarbonate of soda to bowl and mix well.
3. Combine the beaten egg and vanilla essence with the dry ingredients.
4. Spoon half of the mixture into each cupcake case and bake for 18 minutes.
5. **For the icing;** cream the butter, icing sugar and vanilla essence until well blended.
6. Once baked allow to cool slightly. Then remove from the cupcake tin and top with icing.



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### Dietitians comments:

Always check with your Dietitian that this recipe is suitable for you.



# Peach Smoothie

## Top tip

Try with **Pro-Cal shot** strawberry flavour.



# Peach Smoothie

Preparation time:	Cooking time:	Recipe makes:
5 minutes	0 minutes	1 portion

## Each portion provides:

Calories (kcal)	Protein (g)	Phosphorus mg/mmol	Potassium mg/mmol	Sodium mg/mmol
440	8	237 / 7.6	422 / 10	143 / 6.1

## Ingredients:

120ml (1 bottle) of **Pro-Cal shot** (banana flavour)

100g Tinned peaches (drained from juice)

## Method:

1. Place the ingredients into a blender and blend until smooth.
2. Add sugar to taste, if desired.



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Smoothie

## Dietitians comments:

Always check with your Dietitian that this recipe is suitable for you.





For more information about nutrition support and Pro-Cal, including recipe ideas and resources, visit [www.yournutritionsupport.co.uk](http://www.yournutritionsupport.co.uk)



Pro-Cal *shot* and Pro-Cal *powder* are Foods for Special Medical Purposes and must be used under medical supervision. Pro-Cal *shot* and Pro-Cal *powder* are suitable from 3 years of age onwards. Not suitable as a sole source of nutrition. Pro-Cal *shot* contains **milk** and **soya**. Pro-Cal *powder* contains **milk**.



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