

Recipes for Weight gain

This leaflet contains general information regarding dietary ideas to facilitate weight gain. Your dietitian will be able to advise you further on a personalised approach for facilitating weight gain

Why have I been given this leaflet?

You may have been given this leaflet if you're underweight, have experienced unintentional weight loss, or struggle to eat enough, you may need a higher calorie diet. This can be achieved from food fortification – adding to commonly consumed foods to improve their nutritional value. Being underweight can increase the risk of infection, poor wound healing, muscle loss, reduced strength, lower mood, and nutritional deficiencies.

What are some higher calorie breakfast ideas?

**All recipes serve 1*

	Recipe
Nutty and banana porridge	<ol style="list-style-type: none"> 1) Heat 40g oats with 150ml full fat milk 2) Stir through 1 mashed banana and top with 1tbsp nut butter (e.g. peanut butter)
Scrambled eggs	<ol style="list-style-type: none"> 1) Whisk 2 eggs, 60ml double cream and 50g cheese together 2) Melt 1tbsp butter in a pan and cook the egg mix. Serve on toast
Fruit and nut cereal bowl	<ol style="list-style-type: none"> 1) Place 100g Greek yogurt in a bowl top with 50g granola, 1tbsp mixed seeds, 20g nuts, 25g raisins 2) Pour over 100ml full fat milk
Avocado bagels	<ol style="list-style-type: none"> 1) Mash 1 avocado in a bowl with salt and chili flakes 2) Spread on toasted avocado and drizzle with 1 tbsp olive oil
Savoury French toast	<ol style="list-style-type: none"> 1) Beat 2 eggs with 1tbsp double cream and soak 2 slices of bread in this mix 2) Melt 1tbsp butter in a pan and fry for 2 minutes on either side and serve with grilled bacon
Malted fruit and nut loaf	<ol style="list-style-type: none"> 1) Spread 1tbsp of peanut butter over 2 slices fruit loaf 2) Top with 1 chopped banana and drizzle with honey
Sweet French toast	<ol style="list-style-type: none"> 1) Whisk 2 eggs with 120ml single cream and cinnamon together and soak 2 slices of bread in the mix 2) Melt 1tbsp butter in the pan and cook the bread into the pan and fry for 1 minute on each side top with jam

What are some higher calorie lunch ideas?

How to fortify your soup

Stir through: double cream, grated cheese, crème fraîche, olive oil, peanut butter, cream cheese, pesto, milk powder, butter

Top with: fried bacon, croutons, seeds, nuts, crushed tortilla chips, soft boiled eggs, guacamole, chorizo, cheese of our choice i.e. feta

How to fortify your salad

Add in a source of protein: Hard boiled eggs, sliced meat, Tofu/tempeh, chicken strips, cubed cheese, lentils, fish, chickpeas

Try some higher calorie dressings: Peanut sesame (3 tbsp peanut butter + 1tbsp sesame oil + 1tbsp soy sauce); Blue cheese (75g Blue cheese + 1tbsp mayonnaise + 1tbsp lemon juice + 1tbsp yogurt); Thousand island (3tbsp mayonnaise + 1tbsp ketchup + 1tbsp vinegar + 1tbsp sweet pickle); French dressing (2tbsp olive oil + 1tbsp cider vinegar + 1tbsp Dijon mustard)

Top with: chopped nuts, fried bacon, crumbled goats cheese, mixed seeds, avocado, crème fraîche, pesto

How to fortify your sandwiches

Use higher calories spreads: Mayonnaise, pesto, houmous, cheese spread, guacamole, peanut butter, cream cheese, honey

Add in additional fillings: Sliced egg, cheese, cooked meat, falafel, oily fishes (e.g. salmon, mackerel), banana

What are some higher calorie dinner ideas?

Protein + Sauce + Starchy Carbohydrate + Vegetables

Examples of protein sources include Meat or fish of choice, cheese, eggs, Greek yogurt, tofu, lentils, chickpeas, falafel, meat alternatives i.e. soya protein

Recipes for sauces, starchy carbohydrates and vegetables can be found below

High Calorie Sauce Recipes	
Cheese sauce	Melt 30g butter in a pan and whisk in 1tbsp flour forming smooth paste Slowly whisk in 60ml double cream and 60ml milk, Add the 100g cheese into the white sauce and serve
Satay sauce	Add 3tbsp peanut butter + 2tbsp soy sauce + 1tbsp sesame oil + 2tbsp chill sauce + 1tbsp rice vinegar and stir to combine
Creamy tomato sauce	Heat 2tbsp olive oil in a pan and sauté 1 diced onion and 1 crushed clove of garlic until soft Add 200g tinned tomatoes, 1tsp sugar and 1tsp dried herbs and heat through Finally stir in 60ml double cream and 60g parmesan and cook for a final 5 minutes

Curry Sauce	Heat 1tbsp olive in the pan and sauté ½ diced onion and 1 crushed clove of garlic until soft Stir in 2tbsp curry paste and cook for 2 minutes Stir through 60ml double cream and 200ml full fat coconut milk and cook until thickened
Basil pesto	Toast 30g of unsalted nuts gently until lightly browned Add the nuts, 30g parmesan cheese, basil, 2tbsp olive oil, 1 clove of garlic and 1 tbsp lemon juice to food processor and pulse until smooth consistency
Gravy	Gently melt 15g butter and whisk in ½ tbsp flour and cook for 2 minutes Slowly whisk in 30ml stock of choice and 120ml cream and simmer for 5 minutes to thicken – then season

High Calorie Side Recipes

Mashed potatoes	<ol style="list-style-type: none"> 1. Peel and cube 200g potatoes boil for 12-15 minutes until soft. 2. Drain the potatoes and roughly mash 3. Stir in 60ml double cream, 15g melted butter and 25g parmesan into the mashed potatoes.
Roast Potato recipe	<ol style="list-style-type: none"> 1. Heat your oven to 200C 2. Cut 2 medium peeled potato into halves/quarters 3. Toss the potatoes in 2tbsp oil and season 4. Roast in the oven for 30 minutes, and sprinkle with 1tbsp parmesan before serving
Polenta recipe	<ol style="list-style-type: none"> 1. Add 120ml full fat milk and 30ml double cream into a saucepan and simmer 2. Add in 40g polenta gradually stirring as you go 3. Stir through 1tbsp parmesan and 2tbsp butter and serve
Cheesy Garlic Bread	<ol style="list-style-type: none"> 1. Melt butter in small saucepan, add in 1 clove diced garlic and cook until lightly browned 2. Brush this on top of pita bread and top with 30g grated cheddar and grill until golden
Other ideas include: Buttered pasta, buttered bread, noodle or rice drizzled in oil	

High Calorie Vegetable Side Recipes

Creamed Spinach	<ol style="list-style-type: none"> 1. Melt 1tbsp of butter in a pan 2. Add 100g spinach and stir in pan to wilt 3. Stir through 60g cream cheese and 2tbsp parmesan and serve
Stuffed mushrooms	<ol style="list-style-type: none"> 1. Preheat the oven to 180 degrees 2. Melt 1tbsp butter and combine with 30g cream cheese

	3. Stuff mushroom with mix, top with 20g chopped nuts and bake for 20 minutes
Fresh tomato salad	1. Dry fry 1tbsp pine nuts lightly in a pan until lightly browned 2. Dice 2 large tomatoes and toss in 2 tbsp olive oil 3. Top with pine nuts and serve
Other ideas include: Mixed veg drizzled with oil, buttered corn on the cob, buttered peas	

Boost your desserts

Try these toppings to boost the calories in your desserts: Double cream, ice-cream, custard, mascarpone, full fat Greek yogurt, butter, chocolate chips/sauce, flaked almonds, coconut flakes, jam, dried fruit

Snack ideas

Sweet: Granola bars, cake slice, honey roasted nuts, creamy yogurt, peanut butter and apple slices, chocolate, flavoured milks/protein shakes, dried fruits, granola-yogurt pots

Savory: Crisps, plain/salted nuts, hummus with pita, cheese and crackers, scotch eggs, toasted seeds, cocktail sausages, cream cheese bagel, olives

Nourishing drinks

	Recipe
Latte Recipe	Add 200ml full fat into a mug and heat for 2 minutes in the microwave until hot Whisk in a latte sachet and 1tbsp sugar Top with 1 tbsp of whipped cream
Luxury hot chocolate	Gently heat 250ml full fat milk in a pan or microwave, Whisk in 1tbsp hot chocolate powder and stir through 1tbsp chocolate chips until melted Top with 1tbsp of whipped cream
High Calorie Malted milk	Mix 250ml full fat milk with 2tbsp sweetened condensed milk and heat in the microwave for a minute Whisk through 3tbsp malted milk powder and heat for another minute in the microwave
Spiced apple	Add 200ml apple juice, 2tbsp honey, 1 cinnamon stick and 2 cloves in a pan and gently warm heat. Simmer for 5 minutes Remove the cloves and serve
Smoothie idea	Add fruit (i.e. kiwi, avocado, berries, banana, mango, apple, pineapple) + liquids (full fat milk, coconut milk, fruit juice, buttermilk, flavoured milk, milk alternatives, coconut water) + add ins (peanut butter, double cream, honey, milk powder, chocolate spread, yogurt, ice-cream) to a blender Blend till smooth

Shot style high calorie drinks

Peanut butter and banana	Nutty Chocolate	Honey, ginger and lemon	Strawberries and cream	Pina Colada	Spicy Cinnamon
2 tbsp smooth peanut butter 2tbsp ripe banana 1 tbsp honey Splash of water	1 tbsp Nutella 2 tbsp double cream 1 tbsp hot water	2 tbsp honey 2 tsp fresh ginger 3tbsp lemon juice	3 tbsp full fat cream 1tbsp strawberry jam	2tbsp coconut cream 1 chunk of fresh pineapple 1tbsp of honey Splash of water	1tbsp almond butter/nut butter of choice Pinch of cinnamon 1 tbsp of honey Splash of water
Blend all the ingredients together, and pour into a shot glass/ small glass to serve					

Contact us

If you have any questions or concerns about your diet, please contact the dietitians on 020 8725 8055 (Monday to Friday, 9.00am to 5pm).

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit www.stgeorges.nhs.uk

Additional services

Patient Advice and Liaison Service (PALS)

PALS can offer you on-the-spot advice and information when you have comments or concerns about our services or the care you have received. You can visit the PALS office between 9am and 5pm, Monday to Friday in the main corridor between Grosvenor and Lanesborough Wing (near the lift foyer).

Tel: 020 8725 2453 **Email:** pals@stgeorges.nhs.uk

NHS Choices

NHS Choices provides online information and guidance on all aspects of health and healthcare, to help you make decisions about your health. **Web:** www.nhs.uk

NHS 111

You can call 111 when you need medical help fast but it's not a 999 emergency. NHS 111 is available 24 hours a day, 365 days a year. Calls are free from landlines and mobile phones. **Tel:** 111

AccessAble

You can download accessibility guides for all our services by searching 'St George's Hospital' on the AccessAble website (www.accessable.co.uk). The guides are designed to ensure everyone – including those with accessibility needs – can access our hospital and community sites with confidence.



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