



Innovation in Nutrition

A Nestlé Health Science Company

NEW
120ml
bottle



Handy Hints

Pro-Cal shot® can help you **boost** your **protein** and **calorie** intake

Name

Dietitian name

Dietitian contact number

Pro-Cal shot[®]

can be added to
everyday food
and drinks

For these serving suggestions
1 shot = 30ml



Breakfast Ideas

Add 1-2 shots of **Pro-Cal shot** to:

- ⊗ **Cereal:** mix into your milk.
- ⊗ **Granola:** drizzle over the top.
- ⊗ **Porridge:** stir in once prepared.
- ⊗ **Scrambled eggs / omelette:** mix with the eggs and cook as usual.



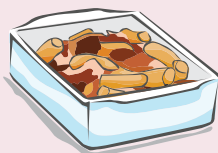
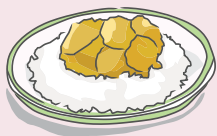
Top Tip:
Add **Pro-Cal shot strawberry** in place of **neutral** flavour on cereal for a strawberry twist.

Lunch Ideas

- ⊙ **Soup:** add 1-2 shots of **Pro-Cal shot neutral** into tinned or prepared packet soups. You can add **Pro-Cal shot** before or after heating.
- ⊙ **Sandwiches:** mix 1 shot of **Pro-Cal shot neutral** into a portion of tinned fish such as salmon or tuna and use as a filling for sandwiches, jacket potatoes, or use in a pasta salad.



Evening Meal Ideas



Add 1-2 shots of **Pro-Cal shot neutral** to:

- ⊙ **Sauces:** add to curry, parsley or white sauce once prepared to serve with your favourite meals.
- ⊙ **Pasta bake / carbonara:** mix into the pasta sauce before cooking.
- ⊙ **Mashed potato:** add before mashing for a creamy mash.
- ⊙ **Gravy:** add 1 shot to a portion of prepared gravy.

Snack / Dessert Ideas

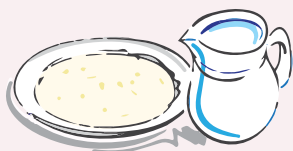


- ⦿ Freeze **Pro-Cal shot** in ice lolly moulds or ice cube trays. The smoothie mix overleaf can also be frozen!



Add 1-2 shots of **Pro-Cal shot** to:

- ⦿ **Desserts:** pour over your favourite dessert or ice cream.
- ⦿ **Yogurt, custard or rice pudding**
- ⦿ **Powdered dessert:** prepare as per packet instructions.
- ⦿ **Whipped cream:** add per serving.
- ⦿ **Cheesecake:** mix with cream cheese, add icing sugar to sweeten and then serve on crushed biscuits for a cheesecake.



Please
always check
with your Healthcare
Professional that
these serving hints
are suitable
for you.

How much **Pro-Cal shot**[®] should I take?

Please speak with your Healthcare Professional regarding how much **Pro-Cal shot** you should take each day.

Typical Amount

4 x 30ml shots



NEW
120ml
bottle

Each day take:

☐

2 x 60ml shots

☐

3 x 40ml shots

☐

4 x 30ml shots

☐

4 x 60ml shots



Other:

Available
in **Banana**,
Strawberry &
Neutral flavours!

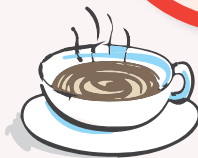


Drink Ideas

Top Tip:
Add **Pro-Cal shot strawberry** in place of **neutral** flavour in drinks for a strawberry twist.

Add 1-2 shots of **Pro-Cal shot neutral** to:

- ☉ **Tea or coffee:** can use with or in place of milk, or try with **iced coffee**.
- ☉ **Hot chocolate / malted drink:** stir in once prepared.
- ☉ **Milkshake:** add to a strawberry powder mix or syrup, add 175mls of milk then stir.
- ☉ **Smoothie:** add to 150g pot of natural / fruit yoghurt and blend with a handful of fruit, such as raspberries or strawberries. Milk or ice cream can also be used alongside yogurt.



For further information about **Pro-Cal shot** call our Nutritional Helpline on: **++ 44 (0) 151 702 4937**

Pro-Cal shot is a Food for Special Medical Purposes.

Pro-Cal shot is suitable from 3 years of age.



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* Pro-Cal shot is also available in banana flavour in the 250ml bottle presentation.

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