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



Each day take:

2 x 60ml shots



















3 x 40ml shots

4 x 60ml shots

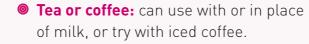


Available in Banana, Strawberry & **Neutral** flavours!



Drink Ideas

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



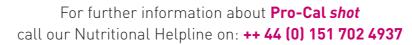
- Mot chocolate / malted drink: stir in once prepared.
- Milkshake: make up using a powder mix or milkshake syrup as per packet instructions and stir in Pro-Cal shot.
- Smoothie: add to 150g pot of natural / fruit yoghurt and blend with a handful of fruit, such as raspberries or strawberries. Milk or ice cream can be used in place of yoghurt.











Pro-Cal shot is a food for special medical purposes and must be used under medical supervision. **Pro-Cal shot** is suitable from 3 years of age.



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

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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* **neutral** 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



- 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.
- Cheesecake: mix with cream cheese, add icing sugar to sweeten and then serve on crushed biscuits.



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