

## High Calorie Additions, Dairy-free, Soy-free, Nut-free

AMOUNT	FOOD	CALORIES	USE IN OR ON...
1 teaspoon	Oil, or soy margarine	35	Hot cereals, soups, breads, potatoes, muffins, vegetables
1 Tbsp.	Mayonnaise	100	Tuna or egg salad sandwiches, dips, mashed potatoes
2 Tbsp.	Coconut milk	100	Cereal, soy milk, rice
1 Tbsp.	Sunflower seed butter	100	Crackers, sandwiches, waffles, apple wedges, vegetables
2 Tbsp.	Raisins, dried cherries, cranberries	70	Cereal, muffins, trail mix, cookies, breads
1 Tbsp.	Torani syrup	35	Drinks, oatmeal
1/2	Avocado	150	Sandwiches, dips, spread/guacamole
1 Tbsp.	Syrup	60	Pancakes, waffles, French toast, made without egg or milk
1	Egg yolk	70	Casseroles, meatloaf, sandwiches, deviled