

High Calorie Additions, Dairy-free, Egg-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.	Peanut butter, almond butter, or Nutella®	100	Crackers, sandwiches, waffles, apple wedges, vegetables
1 Tbsp.	Chopped nuts	50	
1/3 cup	Trail mix or granola	130	
1/2	Avocado	150	Sandwiches, dips, spread, guacamole
1 Tbsp.	Syrup	60	Pancakes, waffles, French toast, made without egg or milk