

# HIGH-CALORIE FOODS TO SUPPLEMENT RECIPES AND MEALS

✓ Avocado

✓ Bacon

✓ Cheese

✓ Eggs

✓ Granola

✓ Nuts and Seeds

✓ Butter, Margarine & Oils

✓ Mayonnaise & Salad Dressing

✓ Cream Cheese

✓ Peanut Butter

✓ Sour Cream

✓ Whipped Cream

✓ Coconut Milk

✓ Dry Milk Powder

✓ Whole Milk

✓ Half & Half

✓ Heavy Cream

✓ Fun-Sized Candy Bars

✓ Ice Cream

✓ Frozen Yogurt

✓ Yogurt

