Calorie Boosters

Cheese
Melt on sandwiches, hamburgers, hotdogs & other meats.
Melt on vegetables, eggs, and desserts.
Shred and add to sauces or casseroles. Add to mashed potatoes, rice, macaroni, or bread.

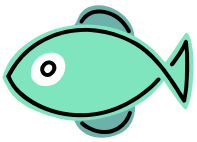
Powdered Milk
Add to regular milk and milkshakes.
Use in casseroles.
Add to meatloaf, refried beans, or breads. Add to sauces, cream soups, and desserts.

Ice Cream
Use in milk shakes or smoothies.
Add to cereals, fruit, Jell-o, desserts or graham crackers.

Eggs
Add chopped hard-boiled eggs to salads, vegetables, and casseroles.
Add an extra egg to French toast and pancake batter.

Peanut Butter
Spread on sandwiches, toast, or muffins. Eat with crackers, waffles, pancakes, or fruit.
Add to cookies.
Add to smoothies or milkshakes.
Top your ice cream or frozen yogurt.

Meat or Fish
Add small pieces of any cooked meat or fish to vegetables, salads, or casseroles. Add to soups and biscuit mix.
Use in scrambled eggs or sandwiches.
Wrap in piecrust or biscuit dough as turnovers.
Add to your baked potato.



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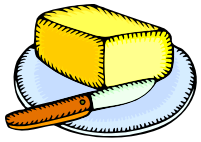
Legumes
Use dry peas or beans to make soups.
Add to casseroles, macaroni, and rice dishes.
Add cut tofu to stir-fry or casseroles.

Butter & Margarine



1 tsp. will add 45 calories!
Mix into hot foods such as soups or vegetables. Add to mashed potatoes, cooked cereal, and rice.
Serve on hot bread or biscuits. Try it with corn bread and pancakes.

Mayonnaise
1 Tbs. will add 100 calories!
Use in salad spreads, eggs, or on sandwiches.

Brown Sugar, Syrup & Jams
Add to hot cereals or milk drinks. Add to fruity desserts and glazes for meats.
Spoon on toast or biscuits.

Nuts
Add chopped or ground to ice cream, yogurt, or puddings.
Bake into breads or muffins. Add to pancakes, waffles, or cookies.
Serve as snacks.

Sour Cream or Plain Yogurt
1 Tbs. will add 70 calories!
Use on vegetables such as potatoes, green beans, or squash.
Try in gravies or as salad dressing.

Milk
Use in hot cereal or soups. Add to scrambled eggs or hot chocolate.

Impulsores de calorias

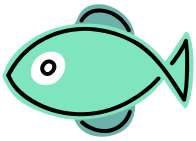
Queso
Derretir en sándwiches, hamburguesas,
salchichas y otras carnes. Agregar a verduras, huevos y postres. Rayar el queso y añadir a
salsas o guisos. Agregar a puré de papas, arroz, macarrones o pan.

Leche en polvo
Usar en licuados y leche regular para agregar mas proteína. Utilizar en guisados, pastel de carne, frijoles refritos o panes. Agregar a
salsas, cremas y postres.

Helado
Añadir a licuados, cereales, fruta, gelatina, postres o galletas Graham.

Huevos
Añadir huevos cocidos a guisados, verduras y ensaladas. Use un huevo extra cuando prepare pan francés o hotcakes.

Mantequilla de maní
Utilizar en sándwich, pan tostado, bollos,
galletas, hotcakes o fruta. Añadir al licuado o helado.



Carne o pescado
Combinar trozos de carne o pescado a
verduras, ensaladas, guisos,
caldos, sopas o pan. Añadir a los huevos o sándwiches. Agregar a la harina para hornear o a la papa al horno.

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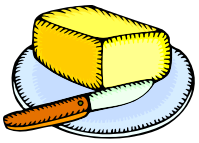
Legumbres
Utilizar chícharos, garbanzos, ejotes o frijoles para hacer sopas. Añadir a guisos, macarrones, arroz y a trocitos de tofu.

Mantequilla y margarina
1 cucharadita sumará 45 calorías!
Mezclar en alimentos calientes como sopas o verduras. Añadir a puré de papas, avena y arroz.
Servir en pan caliente o galletas.
Untar en pan de maíz y hotcakes!



Mayonesa
1 Cucharada sumará 100 calorías! Utilizar en ensaladas, huevos, o sándwiches.

Azúcar Moreno, Miel y Mermeladas
Agregar a avenas, licuados y ensalada de frutas. Usar para bañar carnes, guisos, pan tostado o galletas.

Nueces
Agregar nueces molidas a helados, yogur o pudín. Hornear en panes o bollos, hotcakes o galletas. Servir como bocadillos.

Crema agria o yogur
1 Cucharada agregará 70 calorías!
Utilizar en verduras como papas, ejotes o calabazas. Úselo para bañar sus guisos o para aderezos de ensalada.

Leche
Utilizar en avenas, cereal, cremas o sopas. Añadir a huevos revueltos o chocolate caliente.