

- Add whole milk dairy products to foods (butter, sour cream, cheese, etc)
- Add nut butters to smoothies, fruit, or oatmeal
- Cook with oil/fat (olive oil, canola oil, avocado, butter, etc)
- Add whey protein powder to smoothies or oatmeal
- Add sugars to foods (honey, jams/jellies, syrup)
- Try a nutrition supplement/shake. Look for “Plus” versions
- Make your own 500 calorie smoothie: Blend 12 oz whole milk, 1 Tbsp peanut butter, 1 banana, 1 scoop of chocolate protein powder



## Single Serving Loaded Mashed Potato Recipe

- 1) Prepare mashed potatoes from scratch or instant, using whole milk as your liquid while mixing/mashing.
- 2) Place one cup of mashed potatoes in a separate bowl.
- 3) While still hot, add 1 Tbsp butter and 2 Tbsp sour cream and stir to mix until combined.
- 4) Top with 2 Tbsp shredded cheese and serve.

These changes will more than double the calories in your mashed potatoes to 400-500 calories per cup!