



## Ideas for High Calorie Combos

- **2 sheets graham crackers(130) +2 Tbsp PB(200) +8 oz whole milk(150) =480 calories, 16g pro**
- **¼ cup granola(150) +6 oz Greek yogurt(150) =300calories, 18g pro**
- **1 pack Nature's valley granola bar(190) +8 oz wholemilk(150) =340 calories, 11g pro**
- **2 Tbsp PB(200) +1 slice toast(70) +8 oz wholemilk(150) =420 calories, 17g pro**
- **8 oz whole milk(150) +1 Carnation instant breakfastpackage(130) +1 banana(100) =380 calories, 14g pro Flavored oatmeal packet(150) +¼ cup nuts(150) +2 Tbsp half & half(40) =340 cal, 11g pro**
- **Flavored oatmeal packet(150) +2 Tbsp PB(200) +½ sliced banana(50) +1/2 cup whole milk(75) =475cal, 14g pro ¼ cup granola(150) +¼ cup nuts(150) +¼ cup driedfruit(150) =450 cal, 11g pro**
- **1 Clif bar(age 10+) (250) +8 oz whole milk(150)=400 cal, 16g pro**
- **1 slice cheese(100) +1 slice toast(70) +2 tspbutter(70) +8 oz whole milk(150) =390 cal, 17gpro**
- **1 slice toast(70) +2 tbsp pb(200) +½ banana slices(50) +8 oz whole milk(150) =470 cal, 17g pro**
- **1 banana(100) +2 tbsp pb(200) +8 oz whole milk(150) =450 cal, 14g pro**
- **6 triscuit crackers(120) +1 slice cheese(100) +6 oz Greek yogurt(150) =370 cal, 28g pro**
- **1 tortilla(100) +2 tbsp peanut butter(200) +1banana(100) =400 cal, 10g pro**