

# HIGH-CALORIE DIET TO INCREASE YOUR TODDLER'S WEIGHT



## BREAKFAST

Scrambled eggs (with cheese), toast or croissant with nut butter and jelly, and whole milk.



## MIDDAY SNACK

Banana and date smoothie.



## LUNCH

Any whole grain with yogurt, hummus, a portion of meat or fish, and vegetables.



## SNACK

Cut fruits, doughnuts or slice cake, and whole milk.



## DINNER

Macaroni and cheese or burger, mashed potatoes or green salad, and frozen yogurt.



## PRE-BED

A glass of warm milk or a protein smoothie (preferably before brushing at night).