

Ways to Add 100 Calories

Each of these ideas can add 100 calories to your day.

This may be helpful for those with higher calories needs looking at the 1500 calorie meal plan for ideas. You could use the 1,500 calorie meal plan as a starting point and add 100 calorie increments until you reach your target.

Snack Ideas

- 1 Tbsp unsweetened peanut butter + celery
- 1/2 avocado with a squeeze of lime
- 1 large hard-boiled egg + 5 baby carrots
- 1 oz almonds, pistachios, or walnuts
- 3 Tbsp hummus + 1 cup bell pepper
- 1/2 cup plain Greek yogurt + 1/4 cup applesauce + cinnamon
- 1/2 cup grapes + 1 light string cheese
- 1/4 cup roasted chickpeas or edamame
- 1 slice whole grain toast + 1 tsp olive oil
- 1/2 medium apple + 1 1/2 tsp unsweetened nut butter
- 1/2 cup non-fat cottage cheese + 1/3 cup blueberries
- 1/4 cup roasted chickpeas or edamame
- 1 slice whole grain toast + 1 tsp olive oil
- 1/2 medium apple + 1 1/2 tsp unsweetened nut butter
- 1/2 cup non-fat cottage cheese + 1/3 cup blueberries
- 1/4 cup guacamole + 4-5 mini bell peppers
- 1 cup air-popped popcorn + 10 almonds

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Each of these items in the quantity described has approximately 100 calories. You can use these to add calories to your meal plan to help you meet your goal by using whole food options. These can be spread out throughout the day but may inspire you to include a variety of nutrient-dense, whole foods to add more calories!

- Almonds (roasted) - 12
- Almond butter (unsweetened) - 1 Tbsp
- Apple - 1 medium
- Apricots (dried) - 4 oz
- Avocado - ¼ cup mashed
- Avocado oil - 2 ½ tsp
- Banana - 1 medium
- Bell pepper (raw) - 5 cups
- Black beans - ½ cup
- Blueberries or blackberries - 1 ¼ cups
- Broccoli (cooked) - 2 cups
- Broccoli (raw) - 4 cups
- California blend (frozen) - 4 cups
- Carrots (raw) - 30
- Cashews (2 Tbsp)
- Cauliflower (cooked) - 3.5 cups
- Celery - 16 medium stalks
- Cheese (cheddar) - 1 oz
- Cheese (mozzarella shredded) - ⅓ cup
- Cherries - About 20 cherries
- Chia seeds - 2 Tbsp
- Chicken breast - 2 oz
- Chickpeas - ⅓ cup
- Cod - 3.5 oz
- Coconut (unsweetened) -
- Cucumber - 3 ½ medium
- Edamame (shelled) - ½ cup
- Egg - 1 jumbo
- Eggplant (cooked, cubed) - 3 cups
- Flax seed (ground) - 3 Tbsp
- Grapes - About 30 grapes
- Greek yogurt (plain, nonfat) - ⅔ cup
- Hummus (3 Tbsp)
- Jicama (raw, sliced) - 2 cups
- Kiwi - 2 medium
- Mango (sliced) - 1 cup
- Milk (2%) - ¾ cup
- Milk (skim) - 1 ¼ cup
- Oats (cooked in water) - ⅔ cup
- Olive oil - 2 ½ tsp
- Olives (black, whole) - ½ cup
- Olives (green, whole) - 20 medium
- Orange - 1 large
- Pasta (whole wheat, cooked) - ½ cup
- Peanut butter (unsweetened) - 1 Tbsp
- Peanuts (oil roasted) - 17
- Pear - 1 medium
- Pistachios (roasted) - 30
- Potatoes (baked) - 1 cup
- Raisins - 1 oz
- Rice (brown, cooked) - 6 Tbsp
- Salmon - 2 oz
- Shrimp (large, steamed/boiled) - 13
- Spinach (cooked) - 2.5 cups
- Strawberries (sliced) - 2 cups
- Sunflower seeds (oil roasted) - 2 Tbsp
- Sweet potatoes (baked, chopped) - ⅔ cup
- Tahini - 1 Tbsp
- Tuna (5 oz can, pack in water) ⅔ can
- Walnuts - ½ oz
- Watermelon - 2 ½ cups