



Cynthia Donovan, MS RD CDN

Banana	<ul style="list-style-type: none"> <li>• Add to peanut butter sandwich, pancakes, cereals, waffles, French toast</li> <li>• Blend into shakes or smoothies</li> </ul>
Peanut, Sunflower, Almond Butter; Nutella, Rx Butter, any nut butter !	<ul style="list-style-type: none"> <li>• Spread on bagels, bread, crackers, waffles, fruit</li> <li>• Add to milkshakes or hot cereals</li> <li>• Add to smoothies</li> <li>• Eat it out the jar !</li> </ul>
Avocado, Guacamole or Sour cream	<ul style="list-style-type: none"> <li>• Add to sandwiches, wraps, tacos, burritos, quesadillas</li> <li>• Use as a dip for crackers, tortillas, vegetables</li> <li>• Add to baked potato</li> <li>• *Can just eat avocado by the spoonful ☺</li> </ul>
Butter/Margarine	<ul style="list-style-type: none"> <li>• Add to bread</li> <li>• Melt into toast, pancakes, French toast, hot cereals, pasta, rice, vegetables and mashed potatoes</li> <li>• Add to everything !</li> </ul>
Cream Cheese	<ul style="list-style-type: none"> <li>• Flavored or Plain</li> <li>• Add to bread, sandwiches, bagels, crackers, scrambled eggs</li> <li>• Make a dip with salsa for tortilla chips</li> </ul>
Hummus	<ul style="list-style-type: none"> <li>• Spread on crackers, sandwiches, pita bread, wraps</li> <li>• Use as dip for vegetables</li> </ul>

	<ul style="list-style-type: none"> <li>• Use sweet flavors for fruit dips</li> </ul>
Mayonnaise	<ul style="list-style-type: none"> <li>• Spread on sandwiches</li> <li>• Mix extra in pasta salad, tuna/chicken/egg salad, vegetable dips</li> </ul>
Salad Dressings (full fat)	<ul style="list-style-type: none"> <li>• Use as a dip for veggies or meat/poultry</li> <li>• Add on baked potato</li> <li>• Mix into cooked vegetables</li> </ul>

Cheese	<ul style="list-style-type: none"> <li>• Add to sandwiches, toast, crackers, hamburgers, turkey burgers, chicken, quesadilla</li> <li>• Mix into soups, meatballs, mashed potatoes, pasta, rice</li> <li>• Sprinkle on pasta, vegetables, salads, baked potatoes</li> <li>• Eat alone or for snack</li> </ul>
Oil-Canola or Olive	<ul style="list-style-type: none"> <li>• Add to soups, pasta, vegetables, rice, cooked cereals, stir fries</li> <li>• Serve with Italian herbs and parmesan cheese with bread for dipping</li> </ul>
Ground Flax Seed, Chia seeds, Wheat Germ	<ul style="list-style-type: none"> <li>• Add into pancake or muffin mix, cereals, yogurt or smoothies</li> </ul>

Nuts	<ul style="list-style-type: none"> <li>• Mix into cereal</li> <li>• Eat alone</li> <li>• Make your own chocolate covered or eat chocolate covered</li> <li>• Add into yogurt</li> <li>• Make a trail mix</li> </ul>
Full Fat Yogurts, Ice Cream and Milk	<ul style="list-style-type: none"> <li>• Add to smoothies</li> <li>• Drink milk instead of other non calorie beverages</li> <li>• Milkshakes 😊</li> </ul>

Desserts and other foods:	<ul style="list-style-type: none"> <li>• Chocolate</li> <li>• Cookies</li> <li>• Cake</li> <li>• Muffins</li> <li>• Pancakes</li> <li>• Croissants</li> <li>• Pastries</li> <li>• Canned coconut cream</li> <li>• Hot Cross Buns</li> </ul>
Extras:	<ul style="list-style-type: none"> <li>• Granola (add to yogurt, cereal)</li> <li>• Bacon</li> <li>• Nut Butter and Jam/Jelly Sandwiches</li> <li>• Eggs</li> <li>• Pizza</li> <li>• Pasta</li> </ul>

**\*\*Please note this list is not EVERYTHING you should be eating or could be eating. It is recommended you eat ATLEAST 2500 calories (most woman tend to need more than 2500 calories)\*\*\***

HA Warrior Suggestions of Fun Food to Eat\*:

- Lots of Granola and Nuts on Full Fat Yogurt
- Almond Croissants with extra butter
- Add Butter TO EVERYTHING
- Chocolate Covered Fruit
- Bagel Sandwiches w/eggs cheese and bacon/sausage
- Dates w/Nut Butter
- Chicken Breast w/Peanut Butter (cut breast add PB in the middle)
- Stuffed Sweet Potatoes ([http://jessicaiveyrdn.com/2018/08/breakfast-stuffed-sweet-potatoes/?fbclid=IwAR0FOkZc4AN00ESwx\\_T5Xlrvj1\\_tRIRdMKoSWDOP0G6tfVCX3WU8iizMuw](http://jessicaiveyrdn.com/2018/08/breakfast-stuffed-sweet-potatoes/?fbclid=IwAR0FOkZc4AN00ESwx_T5Xlrvj1_tRIRdMKoSWDOP0G6tfVCX3WU8iizMuw) )
- Black Bean Quinoa Burgers w/Cheese and Avacado on Bread
- Apple Crumble w/Vanilla Ice Cream
- Dip Chocolate Bars into Peanut Butter
- Prunes dipped in peanut butter;
- Sandwiches with both peanut butter AND nutella;
- Dessert: Brioche bun with vanilla gelato and nutella;
- Buttered bread with bacon;) Nachos - lots of cheese on top;
- Bread+butter+shredded mushrooms+grated cheese. Bake til melted. Repeat;
- Bagel + mayonnaise + tomato + salt;
- Those amazingly-huge muffins from Costco;
- Canned coconut cream, whipped coconut, avocado/coconut/maple syrup smoothie.
- Cookies w/Peanut Butter
- Oreo Milkshake

Overnight oats (recipe below)  
Wraps (recipe below)  
French Fry Po-Boy (recipe below)  
Burrito Bowls (recipe below)  
PB Bars (recipe below)

\*Send me more ideas and I will add !

## Recipes:

### Overnight Oats:

first boil water,

add 1/2 cup of rolled oats, 1 tbsp ground flaxseed (or chia seed but i prefer flax because its been shown to aid recovery, or u could use half of each seed!) to a mason jar and pour 3/4 cup of the boiled water into the jar and mix well. cover immediately with the lid and let sit in the fridge for 10 mins.

once thats done, take it out. the mixture should be quite thick and gloopy! mix in some full fat greek yogurt, cinnamon and brown sugar to taste or any other flavourings u like (maca, matcha, coco powder etc)

top with a huge blob of any nut butter, the more the better,berries, nuts, coconut etc. ANYTHING DELICIOUS

POP in the fridge and leave overnight to have in the morning cold. its just so good

this should roughly be 500-700 calories depending on the toppings. add as much stuff as u like and u can even double the recipe if u want more!  hope u enjoy this nutrient dense breakfast!

### Wraps:

it would contain half an avocado,mixed beans,sweetcorn,falafels or any meat/cheese,sultanas ,spinach and spices

You could also add rice to it!

The French fry po-boy with gravy. What does it contain:

- 1) French bread/baguette (buttered)
- 2) Inside/Filling: French fries
- 3) Topped with white gravy

### Burrito Bowls

I layer on a bed of lettuce with cilantro-lime rice, refried beans, pico de gallo, sauteed peppers & onions, protein source (chicken, beef, shrimp, or vegetarian source), top with guacamole, sour cream, and even add some tortilla chips!

### PB Bars:

I've been making these PB bars that essentially taste like PB fudge (boyfriend has even been stealing them) that are super dense and delish!!! In a food processor:

1 + 1/3 cups oats (first blended into flour) (OR for extra PB taste- 2/3 cup oats blended + 2/3 cup PB powder)

1/2 cup peanut butter

shake of salt (maybe unnecessary if PB is salted)

2 tbsp honey

3 tbsp hemp seeds

1 tbsp ground flax

1-4 tbsp water/ soymilk (basically until you have a dough consistency)

process that all up and then press into a lined loaf tin and put in the freezer for about an hour, then cut into squares (i do about 6) and keep in freezer or fridge till ready to eat! I love eating 2 of these as a night cap

**Cynthia is a fellow recovered HA warrior, a registered dietitian and is also available for one-on-one nutrition support.**

Please visit [www.myrealisticrd.com](http://www.myrealisticrd.com) or PM her for more details.