

Ingredients

Ingredient	Serving size	~Calories
Heavy cream	1 Tbsp.	51
Sour cream	1 Tbsp.	28
Butter	1 Tbsp.	102
American cheese	1 slice	71
Parmesan cheese	1 Tbsp.	22
Ricotta cheese	1 oz.	49
Peanut butter	1 Tbsp.	95
Olive oil	1 Tbsp.	119
Nuts (cashews)	1 oz.	165
Seeds (sunflower)	1 oz.	87
Honey	1 Tbsp.	64
Jam	1 Tbsp.	55
Dried fruit (mix)	1 cup	332
Creamy dressing	1 Tbsp.	71
Whipped cream	1 Tbsp.	26
Avocado	1 cup, sliced	234
Mayonnaise	1 Tbsp.	99
Dried milk powder	1 Tbsp.	40
Cream cheese	1 Tbsp.	50
Maple syrup	1 Tbsp.	52
Gravy	1 cup	123
Onion dip	1 Tbsp.	31
Hot fudge	1 Tbsp.	74
Caramel piece	1 medium size	27

If you have questions about the LIVE2THRIVE® Program, please call 1-888-936-7371.
Please consult your physician with any questions about your medication.

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Snacks

Snacks	Serving size	~Calories
High-fat deli meat and cheese roll-ups (beef and cheese)	1 slice meat, 1 slice cheese	104
Cheese sticks/string cheese (part skim)	1 stick	85
Whole milk cottage cheese with fruit	1 cup	219
Whole milk yogurt	1 cup	149
Hummus in small container; 1 large pita cut into triangles for dipping	1 Tbsp. hummus, 1 large pita	261
Canned fruit (in juice not syrup)	1 cup	109
Fruit salad with yogurt	1 cup	127

Mini-meals

Mini-meals	Serving size	~Calories
Pizza bagels—top halves with sauce and cheese (heat up just before running out the door)	1 bagel, 2 Tbsp. sauce, 2 Tbsp. cheese	328
Peanut butter and jelly sandwiches (freeze and take out as needed, thaw in bag)	1 sandwich	327
Microwavable burritos (heat and run!)	1 burrito	839
Instant soup (potato)	1 cup	67
Instant noodles	1 cup	154
Macaroni and cheese	1 cup	386
Tuna kit (tuna fish, crackers, mayo)	1 kit	210

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