6 month plus caloric increase

Plans

Do remember that high density plans tend to be very constipating. If baby is straining with stools at all start adding some stewed prunes or stewed apricots to the day. You can take some dried apricots mix them with water, microwave them until they're soft and mushy if baby doesn't like prunes. We don't want to do juice as it is fairly empty in calories.

\*\*\*starches need to be cooked to decrease “resistant starch” which can make it more binding gut wise and decrease the bodies’ ability to absorb the calories.

Oils are already processed no need to cook. Cooking food generally increases absorption and can decrease the gas produced by gut bacteria.

BOTTLES

Formula 20 calories per oz

Breastmilk 21 calories per oz

1/2 teaspoon avocado oil is monounsaturated fat at 20 calories.

Coconut oil is 1/2 TSP at 20 calories and saturated fat.

Flaxseed oil is 20 calories per teaspoon and high in monounsaturated +polyunsaturated fat. Oatmeal is 10-12 calories per tablespoon.

Rice cereal is 12-15 calories per tablespoon

FOODS

Banana 21 calories per tablespoon

Mango 8 calories per tablespoon

Pineapple juice 8 calories per tablespoon

Coconut milk 28 calories per tablespoon

1 tablespoon stewed prunes 22 calories

Hummus mashed chickpeas is 25 calories per tablespoon.

Avocado is 30 calories per tablespoon

Chicken dark meat 27.6 calories per tablespoon

1 tablespoon butter 100 calories

Egg yolk cooked 55 calories

Sweet potatoes 15 calories per tablespoon

Quinoa cooked 14 calories per tablespoon

Brown rice cooked 16 calories per tablespoon

Glutinous rice flour 27 calories per tablespoon.

Potato starch 36 calories per tablespoon (must heat this to make it bioavailable or it is a resistant starch.)

Tapioca flour Bobs red Mill 35 calories

White rice cooked 13 calories per tablespoon

1 tablespoon of ricotta cheese has 24 calories.

¼ cup soybeans green 94 calories

Black beans 41 calories per tablespoon

Tahini 89 calories per tablespoon

1 tablespoon lentils 15

Tofu 16 calories per tablespoon

Almond butter has 98 calories per tablespoon

Soy butter has 100 calories per tablespoon

Cream cheese has 49 calories per tablespoon

Mascarpone cheese has 67 calories per tablespoon

Apple sauce 9 calories per tablespoon

EXAMPLE A

Mix 1/2 teaspoon of avocado oil, plus one teaspoon of rice cereal will increase calorie load by 26 calories when added to a bottle.

1 tablespoon mascarpone cheese with 1 tablespoon applesauce 78 calories

Hummus one tablespoon one tablespoon avocado is 55 calories

1 tablespoon chicken dark meat plus one tablespoon sweet potatoes 47.5 calories.

6 bottles per day at this with each bottle being at least 4 ounces is a total caloric intake for 24 hours of bottle = 636 calories, solids 180 calories. 816 calories total for the day (increase of 336 calories with supplemental foods and bottle additives. This is equal to an extra 16.6 oz of milk calorically)

\*\*\*Cereals are an additive never a meal. Calorie poor on their own. Works well with avocado oil to slow the laxative effective of oils.

Example B

Mix 1t of avocado oil with 1 teaspoons of rice increases calorie load per bottle by 52 calories.

Breakfast Soy butter one tablespoon with 1 tablespoon bananas 121 calories

Lunch Mascarpone cheese + egg yolk + ½ tablespoon butter 205 calories

Dinner 1 tablespoon stewed prunes + 1 tablespoon ricotta + 1 tablespoon avocado 76 calories

6 bottles per day at 4 oz each is 480.

With additives 276 calories bottle total calories 756 (rice + oil + milk)

Meals 402 calories = 24 hr. Total 1194 calories. Increase total of 714 with supplemental foods and bottle additives. This is equal to 35 oz of milk or formula

**Sweet fat rice Pina colada style**

Starting solids baby

1 Tablespoon glutinous rice flour 27 (amazon small bag/Asian market)

2 tablespoon pineapple juice warmed 16 (mix with rice flour till paste)

1 tablespoon coconut milk 28

1 tablespoon mash banana 21

92 calories total

Sub bobs red mill tapioca flour for 8 extra calories (you may need more of this than a tablespoon.)

Older baby

Can make into pasty little balls

**Beans and rice baby style**

1 tablespoon white rice 13

½ teaspoon avocado oil 20

1 tablespoon mashed black beans 41

74 calories

Sub glutinous rice flour for rice and increase calories to 98 calories

2.5 oz jar turkey and gravy Gerber 80 calories