

According to Dr. John McDougall in his book *The Starch Solution*, 'if you seek to accelerate your weight loss . . . I recommend avoiding these foods altogether.

Avocados, dried fruits, flours (whole grain, white, all purpose), fruit and vegetable juices, nuts, peanuts and peanut butter, seeds, simple sugars (ie table sugar, maple syrup, molasses, agave)"¹

This means, if you need to gain weight, to *add* the healthy items listed- avocados, dried fruits, fruit juices, fruits, nuts, nut butters, and seeds. Among the plants, you can indulge in high plant fat foods like olives and soy based products. Walnuts are a great food to add, high in Omega 3 they reduce inflammation which reduces chronic diseases.

Choose higher calorie vegetables-choose corn over kale for example. Remember to eat a rainbow of colors as often as possible, but generally green vegetables will be lower in calories than other color vegetables. Peas, a member of the legume family, are an exception and are higher in calories than other green vegetables.

Beans, lentils and root vegetables like potatoes and sweet potatoes are also wonderfully filling and higher calorie foods. Rice and pasta are other options.

Some sample high calorie items might include fruit smoothies, biscuits and muffins, and seitan/meat substitutes. Homemade nut based cheese substitutes will be higher in calorie than tofu cheese substitutes.

Have oatmeal for breakfast with some fruit. Indulge in low sugar jelly on your whole grain toast. Enjoy some whole grain pancakes and waffles with some tofu bacon on the side or some grits.

Nutritional yeast is fairly high in calories, so it can be liberally used in any recipe for extra B-12, but particularly those where a cheesy flavor is desired. Flax seed runs around 50 calories per tablespoon and is high in fiber and omega 3 fatty acids. Sprinkle some on your morning oatmeal or slip some into a casserole or soup.

In veganizing recipes, you can chop or grind walnuts pretty small, and add a handful to any ground meat substitute. They add a good texture that mimics ground beef. They add a firmness that legumes lack.