

Sneaky High-Calorie Foods Cheat Sheet

Foods to Watch:

- Nut Butters
- Granola
- Smoothies
- Trail Mix
- Cooking Oils
- Avocado
- Coffee Add-ins
- Salad Extras
- Tortillas/Wraps
- Cheese
- Sugary Drinks

Smart Lower-Calorie Swaps:

Instead of...	Try...	Calories Saved
3 tbsp peanut butter	1 tbsp + powdered PB	140■180+
Large granola bowl	1/2 + yogurt/oats	250■350+
Oil for cooking	Spray oil	200■400
Full avocado	1/3 avocado	~160
Sweet latte	Half■sugar + almond milk	120■250
Burrito wrap	Burrito bowl	200■350

Track These for 7 Days:

- Oil usage
- Cheese portions
- Nut butter tablespoons
- Coffee add-ins
- Sugary drinks

Goal: Awareness reduces hidden calories WITHOUT strict dieting.