



Gmi Apeti
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10 High Calorie Snacks that Help You Gain Weight

Calories are "units of energy" found in food that fuel our body's essential functions and activities.

Consuming more calories than the body expends leads to weight gain as the excess energy is stored as fat reserves. Adequate calorie intake supports muscle growth, repair, and overall bodily functions, contributing to an increase in body weight.

SNACKS LIST

Calorie counts included* Use the free my fitness pal app to track your daily caloric intake.

Shop GMI Apeti \$9 Box at: www.gmi-apeti.com

1. **Very High Calorie**

**Chocolate
Flavor
Liquid
Boost**

-

530

calories:

This liquid boost provides a significant calorie intake in a convenient form.

2. **Nature
Valley
XL**

**Protein
Chewy
Bar:**

These bars typically contain around 280-300 calories per bar.

3. **Clif
Builder's
Protein**

Bars:

Some flavors can contain around 270-290 calories per bar.

4. **Chocolate-
covered**

Almonds

(1/4

cup):

Usually

around

200-

220

calories

per

1/4

cup

serving.

5. **Chocolate**

Bars:

A

standard

chocolate

bar

can

provide

approximately

200-

250

calories.

6. **Peanut**

Butter

(2

tablespoons):

Provides

about

190-

200

calories

per

2-

tablespoon

serving.

7. **Planters**

Mixed

Nuts

(1/4

cup):

Typically

contain

around

200-

220

calories

per

1/4

cup

serving.

8. **Yogurt-covered Raisins**

(1/4 cup):

Typically contain about 150-180 calories per 1/4 cup serving.

9. **Trail Mix**

(1/4 cup):

Can range from 150 to 200 calories per 1/4 cup serving.

10. **Potato Chips**

(1 ounce):

Typically contain around 150-160 calories per 1-ounce serving.

This order reflects the items from highest to lowest calorie content, with similar calorie ranges grouped together.



Boost - 530 Calories



Nature Valley XL Protein - 290 Calories



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