
High Calorie/High Protein Beverages



The following recipes can be used to help add protein and calories to your diet to help you maintain or regain your weight and strength.

Substitute lactose-free milk, mocha mix, acidophilus milk, soy milk, almond milk, or rice milk for the milk in the following recipes if lactose intolerant.

Note: Calorie and protein values are approximate and vary slightly, depending on which liquid base you use. The lactose-free versions of the following shakes may provide fewer calories and protein.

“Double Strength” or Fortified Milk

Use for drinking or in all recipes calling for milk.

- 1 quart whole milk
- 1 cup nonfat dry milk powder

Mix with spoon or blend. Refrigerate.
Makes 4 servings

210 calories, 14 grams of protein per serving



Directions for all recipes: Stir briskly by hand or blend until smooth.

High-Calorie Breakfast Shake

- 1 cup half & half
- 1 packet Instant Breakfast®
- ¾ cup ice cream

650 calories, 18 grams of protein per serving

Fortified Instant Breakfast

- 1 cup whole milk
- 1 package Instant Breakfast®
- ¼ cup nonfat dry milk powder

400 calories, 25 grams of protein per serving

Coffee Milkshake

- 1 cup vanilla ice cream
- 1 package Vanilla Instant Breakfast® Mix
- ½ cup half & half
- Instant coffee (dissolved in 1 tablespoon hot water)

560 calories, 15 grams of protein per serving

High Calorie Hot Chocolate

- ½ cup half & half
- ½ cup whole milk
- 2 tablespoon chocolate syrup
- 2 tablespoon nonfat dry milk powder
- Heat milk and cream. Stir in syrup and milk powder until smooth, serve immediately.

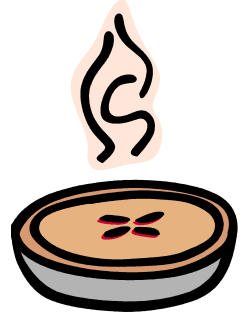
370 calories, 11 grams of protein per serving

Directions for all recipes: Stir briskly by hand or blend until smooth.

Chocolate-Peanut Butter Shake

- 1/2 cup heavy whipping cream
- 3 tablespoons creamy peanut butter
- 3 tablespoons chocolate syrup
- 1 1/2 cup chocolate ice cream

1080 calories, 22 grams of protein per serving



Orange Jubilee

- 1/4 cup lemonade
- 1/4 cup orange juice
- 1/2 cup half and half or whole milk
- 1/2 cup orange sherbet

320 calories, 5 grams of protein per serving

Apple Pie a la Mode

- 1 cup apple pie filling
- 1/2 cup whole milk
- 1 cup vanilla ice cream
- Dash of cinnamon

590 calories, 9 grams of protein per serving



Strawberry Crush

- 2 cup frozen strawberries, sweetened
- 1/2 cup crushed pineapple
- 1/2 cup water
- 1/2 medium banana
- 6 tablespoons sugar
- 1/4 cup lemon juice
- 2 tablespoons honey

950 calories, 4 grams of protein per serving

Directions for all recipes: Stir briskly by hand or blend until smooth.

Strawberry Flip

- 5 oz sweetened, frozen strawberries, thawed
- 4 oz plain yogurt
- 3 oz unsweetened pineapple juice
- 2 tablespoon sugar

330 calories, 5 grams of protein per serving



Peaches and Cream

- 1 cup whole milk
- 1 cup canned peaches
- 1 cup vanilla ice cream
- 1/4 teaspoon salt
- 1/4 teaspoon vanilla

460 calories, 14 grams of protein per serving

Banana Milkshake

- 1 whole, ripe banana
- 2-3 drops vanilla extract
- 1 cup whole milk

190 calories, 9 grams of protein per serving



Banana Flip

- 2 peeled bananas
- 1 package Instant Breakfast® drink
- 1 cup whole milk
- 1/2 cup orange juice

580 calories, 13 grams of protein per serving

Pineapple Orange Fluff

- ¾ cup pineapple yogurt
- ½ cup orange sherbet

310 calories, 8 grams of protein per serving

Any Fruit Milkshake

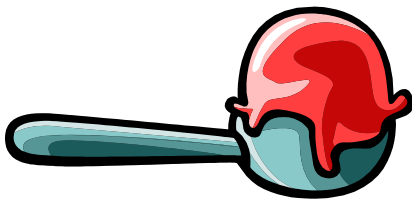
- 1 cup milk
- 1 cup sliced fruit
- 1 cup vanilla ice cream

455 calories, 14 grams of protein per serving

Lemon Flip

- ½ cup buttermilk or whole milk
- ½ cup lemonade
- ¾ cup vanilla ice cream

300 calories, 8 grams of protein per serving



Raspberry Rumble

- 1 cup raspberry yogurt or sherbet
- ½ cup half and half or milk
- ¼ cup cranberry juice

455 calories, 13 grams of protein per serving

Sherbet Shake

- 1 cup sherbet
- ½ cup whole milk
- ½ teaspoon vanilla

345 calories, 5 grams of protein per serving