
High Calorie & High Protein Beverages

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

If you are lactose intolerant, try substituting lactose-free milk, mocha mix, acidophilus milk, soy milk, almond milk, or rice milk for cow's milk.

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

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

“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

Makes 4 servings

210 calories, 14 grams of protein per serving

High-Calorie Breakfast Shake

- 1 cup half & half
- 1 packet powdered instant breakfast mix
- ¾ cup ice cream

650 calories, 18 grams of protein

Fortified Instant Breakfast

- 1 cup whole milk
- 1 package powdered instant breakfast mix
- ¼ cup nonfat dry milk powder

400 calories, 25 grams of protein

Coffee Milkshake

- 1 cup vanilla ice cream
- 1 package powdered instant breakfast mix
- 1/2 cup half & half
- Instant coffee (dissolved in 1 tablespoon hot water)

560 calories, 15 grams of protein

High Calorie Hot Chocolate

- 1/2 cup half & half
- 1/2 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

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

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

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

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

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

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

Banana Milkshake

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

190 calories, 9 grams of protein

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

Blueberry Shake

- 1 cup whole milk
- 6 oz tofu
- 1 banana
- 1/2 cup fresh or frozen blueberries

470 calories, 23 grams of protein

Pineapple Orange Fluff

- 3/4 cup pineapple yogurt
- 1/2 cup orange sherbet

310 calories, 8 grams of protein

Any Fruit Milkshake

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

455 calories, 14 grams of protein

Lemon Flip

- 1/2 cup buttermilk or whole milk
- 1/2 cup lemonade
- 3/4 cup vanilla ice cream

300 calories, 8 grams of protein

Raspberry Rumble

- 1 cup raspberry yogurt or sherbet
- 1/2 cup half and half or milk
- 1/4 cup cranberry juice

455 calories, 13 grams of protein

Sherbet Shake

- 1 cup sherbet
- 1/2 cup whole milk
- 1/2 teaspoon vanilla

345 calories, 5 grams of protein

Cocoa Almond Shake

- 1 cup chocolate ice cream
- 2/3 cup whole milk
- 1 tablespoon almond butter
- 1/4 cup coconut milk
- 2 teaspoons coconut extract
- 1/2 cup orange sherbet

590 calories, 14 grams of protein

Vanilla Cherry Smoothie

- 1 cup whole milk
- 1/2 cup frozen cherries
- 1 cup vanilla ice cream
- 1/2 teaspoon vanilla extract
- 1 cup ice cubes

480 calories, 15 grams of protein

Lemon Smoothie

- 6 oz lemon yogurt
- 1 cup whole milk
- 1 banana
- 1 tsp vanilla extract

415 calories, 16 grams of protein

Cottage Cheese Smoothie

- 1/2 cup cottage cheese
- 1/2 cup vanilla ice cream
- 1/4 cup prepared fruit-flavored gelatin

300 calories, 18 grams of protein