

HIGH CALORIE SHAKES

to stop unintended weight loss.

High calorie shakes served in-between meals can be an effective way to stop weight loss & promote weight gain.

#1 Start with a liquid base.

- Whole milk
- Half- and- half
- Buttermilk
- Heavy whipping cream
- Pre-made nutrition drinks
- High calorie milk substitute

#2 Add a tasty flavor!

- Chocolate syrup
- Caramel syrup
- Strawberry syrup
- Fruit jam or jelly
- Butterscotch syrup
- Hot fudge sauce
- Hazelnut spread
- Honey

#3 Top-off with high calorie add-ins.

- Ice-cream
- Peanut butter
- Coconut cream
- Powdered milk
- Nut butters
- Greek yogurt
- Banana
- Protein powder

#4 Blend until smooth!

Experiment with the amount of each ingredient, add more liquid or solids as needed. Here is a sample recipe:

The King of Calories

- 6 oz. half-and-half
- 1 cup vanilla ice-cream
- 4 Tbsp. chocolate syrup
- 4 Tbsp. peanut butter
- Medium banana



1,200 CALORIES*

**Note: Exact calorie count varies by individual ingredients and brands of foods used. Read nutrition fact labels on foods.*

