

Milkshake Recipes

If you are struggling to eat enough and maintain your weight, milkshakes and smoothies may be an easy way to consume calories and protein. Below you will find some suggestions. Purchasing unflavored protein powder gives you the flexibility to use it on any flavor shake and even add it to cream soups or desserts. If you can't find it in the store, try purchasing it online. Aim for whey protein only without the added vitamins and minerals. Experiment with the recipes to find what you like best. For example, frozen fruit will make the smoothie thicker; if you like a thinner shake then add more milk or juice. If you need to add fiber, add a tablespoon of ground flax seeds.

The calories and protein provided are estimations and it will vary depending on the brand of ingredients you purchase. The protein content below is based on whey protein powder containing 25g of protein per scoop.

Peanut Butter/Chocolate Milkshake

1134 cal, 43 g protein, 41 g carbs

1/2 c heavy whipped cream

1/2 c whole milk

1 c chocolate ice cream

2 Tbsp. of Peanut Butter

1 scoop of whey protein powder

Strawberry Banana Shake

566 cal, 36 g protein, 71 g carbs

1 cup of vanilla ice cream

1/2 cup of whole milk

1/2 cup of strawberries

1 banana

1 scoop whey protein powder

Peach Milkshake

589 cal, 30g protein, 84g carbs

1/2 c of peaches fresh, frozen or canned

1 c of vanilla ice cream

1 c juice,

1 scoop of whey protein powder

Coffee Milkshake

538 cal, 36g protein, 41g carbs

1/2 cup strong brewed coffee

1/2 cup half and half

1 cup vanilla ice cream

1 scoop of whey protein powder

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Mocha Shake

538 cal, 36g protein, 41g carbs

1/2 cup strong brewed coffee

1/2 cup half and half

1 cup chocolate ice cream

1 scoop of whey protein powder

Green Smoothie

500 cal, 46g protein, 79g carbs

1/4 cup of dates

1 banana

1/2 cup of blueberries

1 cup of kale

1 cup of spinach

1 tsp. of olive oil

6 oz. Greek yogurt

1 scoop protein powder

Berry Smoothie

392 cal, 42g protein, 52g carbs

1 cup strawberries

1/2 cup raspberries

1/2 cup blueberries

6 oz. vanilla Greek yogurt

1 scoop protein powder

Citrus Party

582 cal, 34g protein, 74g carbs

1/2 cup of lemonade

1/2 cup of orange juice

1 cup orange sherbet

1/2 cup half and half

Pina Colada

490 cal, 46g protein, 67g carbs

1/2c crushed pineapple with juice

2 Tbsp. of Coconut Cream

1 container vanilla Greek yogurt

1 scoop whey protein powder

In addition, you can try fast food shakes or ready to drink shakes like:

Boost Plus®

360 cal, 14g protein

Boost Very High Calorie®

530 cal, 22g protein

Ensure Enlive®

350 cal 20g protein

Enu®

450 cal 23g protein

Orgain®

250 cal 16g protein