

12 Great Tasting Home Made Weight Gain and Muscle Building Shake and Smoothie Recipes

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1)

Chocolate Peanut Butter Shake
Ingredients 8 ounces of skim milk 1 packet Carnation Instant Breakfast Powder 1 banana 1 tablespoon peanut butter 2 scoops whey protein powder
Nutritional Value (1 serving) Calories: 538 Protein: 51 Carbohydrates: 70 Fat: 10

2)

Chocolate Strawberry Shake
Ingredients 1 cup frozen strawberries 1 cup nonfat strawberry yogurt 1 scoop chocolate whey protein powder 1 tablespoon honey 1 cup nonfat milk 1 cup orange juice
Nutritional Value (1 serving) Calories: 529 Protein: 31 Carbohydrates: 100 Fat: 1

3)

Strawberry Banana Smoothie
Ingredients 1 packet strawberry Carnation Instant Breakfast Powder 1 cup low fat strawberry banana yogurt 1 skim milk 2 ice cubes 1 scoop strawberry whey protein powder
Nutritional Value (1 serving) Calories: 670 Protein: 57 Carbohydrates: 93 Fat: 4

4)

High-Calcium Smoothie
Ingredients 1 cup mixture of frozen mango, blueberries, strawberries, and raspberries ½ banana ½ cup nonfat vanilla yogurt 1 tablespoon nonfat powdered milk 1 scoop whey protein powder ½ cup nonfat milk ½ cup orange juice
Nutritional Value (1 serving) Calories: 478 Protein: 33 Carbohydrates: 91 Fat: 2

5)

Mocha Breakfast Smoothie
Ingredients 1 banana 1 low-fat coffee yogurt 2 tablespoons peanut butter 1 chocolate Carnation Instant Breakfast Powder 1 cup skim milk 10 small ice cubes
Nutritional Value (1 serving) Calories: 722 Protein: 33 Carbohydrates: 110 Fat: 21

6)

Tropical Island Smoothie
Ingredients 2 cups mixture of frozen raspberries, peaches, and papaya 1 kiwi fruit without skin 1 cup nonfat apricot mango yogurt 1 cup pineapple juice 1 cup skim milk
Nutritional Value (1 serving) Calories: 700 Protein: 20 Carbohydrates: 148 Fat: 1

7)

Pina Colada Smoothie

Ingredients

1 cup skim milk
1 vanilla Carnation Instant Breakfast Powder
1 scoop vanilla whey protein powder
6 ounces low-fat pina colada yogurt
½ cup crushed pineapple in natural juice
2 tablespoons lite coconut milk
½ tablespoon rum extract
4 ice cubes

Nutritional Value (1 serving)

Calories: 555
Protein: 39
Carbohydrates: 84
Fat: 6

8)

Post Workout Muscle Recovery Shake

Ingredients

1 cup skim milk
2 scoops vanilla whey protein
6 ounces strawberry-kiwi nonfat yogurt
½ cup frozen strawberries
1 kiwi without skin
1 tablespoon lime juice
1 tablespoon honey
5 grams Creatine monohydrate

Nutritional Value (1 serving)

Calories: 580
Protein: 54
Carbohydrates: 82
Fat: 5

9)

Cherry Cordial

Ingredients

1 cup skim milk
1 cup low-fat cherry yogurt
1 chocolate Carnation Instant Breakfast powder
1 scoop vanilla whey protein powder
1/3 cup frozen cherries

Nutritional Value (1 serving)

Calories: 651
Protein: 31
Carbohydrates: 111
Fat: 6

10)

Morning Chai Tea Shake	
Ingredients	2 teaspoons Chai tea 2 cups skim milk 1/3 cup nonfat milk powder 1 ½ tablespoon honey 1/8 teaspoon nutmeg 4 ice cubes
Nutritional Value (1 serving)	Calories: 350 Protein: 25 Carbohydrates: 62 Fat: 1

11)

Caribbean Crush	
Ingredients	1 can (11.5 ounces) papaya juice 1/3 cup pineapple in natural juice ½ banana 1 scoop vanilla whey protein powder 6 ice cubes
Nutritional Value (1 serving)	Calories: 423 Protein: 23 Carbohydrates: 79 Fat: 2

12)

Apple Pie A La Mode Shake

Ingredients

1 cup apple juice
½ cup apple sauce
1/3 vanilla nonfat frozen yogurt
2 tablespoons wheat germ
1/3 cup nonfat milk powder
1 scoop protein powder

Nutritional Value (1 serving)

Calories: 492
Protein: 38
Carbohydrates: 78
Fat: 4

Bonus Shake: The “Get Big Drink”

This is a revised version of a shake that originated from the late John McCallum. I have made some slight changes to it since the original version contained foods now potentially dangerous such as raw eggs which have been known to cause the stomach sickness salmonella. I changed it up so everything in it is completely safe and, of course, natural.

This drink was made for the purpose a drinking throughout the day both with as well as in-between meals. The amount shown below makes roughly ten glasses. I recommend to drink ten glasses each day for *extreme* hardgainers and if you are serious about gaining weight. Combined with a workout to gain weight, proper dieting, and plenty of rest you are *guaranteed* to pack on pounds of muscle in record time. The only disadvantage to this drink is that those of you who are lactose intolerant will not be able to drink this since there are a lot of dairy products.

If you start gaining too much unwanted fat, then eliminate the peanut butter, ice cream, malted milk powder, and corn syrup. The point is to gain weight in muscle, not fat, so you want to keep a close watch on your body fat when supplementing with this drink.

The Get Big Drink

Ingredients

6 scoops whey protein powder
2 quarts skim milk
2 cups skim milk powder
4 tablespoons peanut butter
½ pint chocolate ice cream
1 small banana
4 tablespoons malted milk powder
6 tablespoons corn syrup

Nutritional Value (1 full days' supply) (estimated)

Calories: 3000
Protein: 200
Carbohydrates: 250
Fat: 70