

These high-calorie, high-protein drink recipes have been developed for people with advanced and progressive illnesses.

They are homemade and adjusted to your personal taste. Most of the recipes are simple and easy to make using an electric blender.

Purpose

These recipes are intended to keep you energized and prevent weight loss as much as possible. They have the advantage of being customizable, more affordable than commercial supplements, and can be adjusted according to your food tolerances and preferences.

Storage and safety guidelines

- Blended drinks and meals prepared in the blender should be stored in covered containers in the refrigerator for a maximum of **48 hour**.
- They will keep for **2 to 3 months in the freezer**, if separated into individual portions in tightly sealed containers. Thaw in the refrigerator.
- Do not leave at room temperature for more than 2 hours.

A few basic tips

- Pour liquids into the blender before adding solids.
- Fill only halfway. Results are best when blending small quantities.
- To increase protein intake if desired and tolerated, use high-protein milks or yogurts found in grocery stores (e.g., Natrel Plus milk or Greek yogurt or skyr).
- For a dairy-free version, use plant-based drinks or yogurts. However, these are not as high in calories and protein.

Recipes

To prepare each of the following recipes, mix all ingredients until smooth.



Warning

Consuming raw eggs carries a risk of salmonella contamination. We recommend using pasteurized liquid eggs.

High-protein milk

Makes: 500 mL (2 cups)

Per 250 mL (1 cup): 15 g protein | 223 calories

- 1 liter whole milk
- 250 mL powdered milk

Mix well and refrigerate.

This milk can be used in the below recipes, for cooking or as a drink.

Milkshake

Makes: 250 mL (1 cup)

Per serving: 8 g protein | 220 calories

- 120 mL (1/2 cup) ice cream
- 120 mL (1/2 cup) high-protein milk
- 5 mL (1 tsp) cocoa powder (optional)

Alternative:

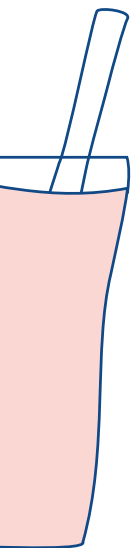
Try other ice cream flavours or add fruit.

High-protein, high-calorie milkshake

Makes: 4 glasses of 180 mL (2/3 cup)

Per serving: 12 g protein | 289 calories

- 360 mL (1 1/2 cups) high-protein milk
- 2 packets Carnation Breakfast Essentials
- 80 mL (1/3 cup) skim milk powder
- 480 mL (2 cups) ice cream



Super milkshake

Makes: 750 mL (3 cups)

Per 150 ml serving: 12 g protein | 258 calories

- 500 mL (2 cups) whole or 2% milk
- 125 mL (1/2 cup) skim milk powder
- 250 mL (1 cup) ice cream, flavour of choice
- 2 pasteurized eggs
- 60 mL (4 tbsp) corn oil
- Optional: add fruit of choice

Blend all ingredients in a blender for about 1 minute.
Split into 3 servings for the day.
Keep refrigerated.

Eggnog

Makes: 180 mL (2/3 cup)

Per serving: 11 g protein | 254 calories

- 1 pasteurized egg
- 30 mL (2 tbsp) 15% cream
- 120 mL (1/2 cup) high-protein vanilla milk
- Nutmeg to taste
- 5 mL sugar (1 tsp)

Beat egg, then add milk, cream and sugar. Mix well.
Refrigerate before drinking.

Alternatives:

- **Chocolate:** Add 15 mL (1 tbsp) instant cocoa and add 2 mL (1/4 tsp) vanilla.
- **Banana:** Mash a banana and add 2 mL (1/2 tsp) vanilla.
- **Maple:** Replace sugar with 15 mL (1 tbsp) maple syrup.

Tropical eggnog

Makes: 2 servings of 180 mL (2/3 cup)

Per serving: 8 g protein | 192 calories

- 1 pasteurized egg
- 180 mL (2/3 cup) high-protein milk
- 120 mL (1/2 cup) ice cream
- 30 mL (2 tbsp) orange juice concentrate

Fruity Eggnog

Makes: 2 servings of 180 mL (2/3 cup)

Per serving: 3 g protein | 138 calories

- 1 pasteurized egg
- 300 mL (1 1/4 cups) fruit juice
- 10 mL (2 tsp) lemon juice (optional)
- 15 mL (1 tbsp) sugar

Strawberry Delight

Makes: 3 servings

Per serving: 250 calories | 8 g protein | 325 g carbohydrates



- 250 mL (1 cup) ice cream
- 180 mL (3/4 cup) whole milk
- 180 mL (3/4 cup) 10% cream
- 60 mL (1/4 cup) skim milk powder
- 250 mL (1 cup) strawberries

Orange Delight

Makes: 3 servings

Per serving: 200 calories | 7 g protein | 29 g carbohydrates

- 250 mL (1 cup) orange juice
- 250 mL (1 cup) super-protein milk
- 250 mL (1 cup) vanilla ice cream

Yogurt Shake

Makes: 2 servings, each providing 150 calories

Per serving: 10 g protein | 30 g carbohydrates

- 180 mL (3/4 cup) plain yogurt, 2% M.F. or higher
- 60 mL (1/4 cup) skim milk powder
- 125 mL (1/2 cup) apple juice
- 15 mL (1 tbsp) pasteurized honey

Mont Blanc

Makes: 2 servings, each providing 300 calories

Per serving: 12 g protein | 40 g carbohydrates

- 1 pasteurized egg
- 1 small ripe banana, sliced
- 250 mL (1 cup) high-protein milk
- 15 mL (1 tbsp) pasteurized honey
- 125 mL (1/2 cup) vanilla ice cream

Mix the first 4 ingredients.

Top with ice cream.

Ice Cream Float

Makes: 250 ml (1 cup), provides 3 g of protein and 230 calories

- 125 mL (1/2 cup) ice cream or sorbet
- 180 mL (2/3 cup) fruit juice or soft drink

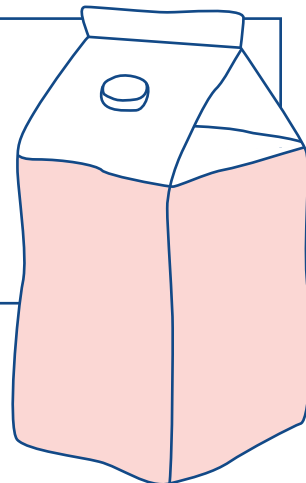
Place the ice cream or sorbet in a glass.

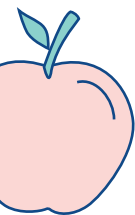
Pour in half of the juice or soft drink and stir well.

Add the remaining liquid and serve immediately.

Alternatives:

- **Grape juice** with orange sorbet or vanilla ice cream.
- **Orange juice** with lemon or lime sorbet.
- **Pineapple juice** with lemon or orange sorbet.





Apple Surprise

Makes: 2 servings

**1 serving (165 ml or 2/3 cup) provides:
6 g of protein and 145 calories**

- 1 pasteurized egg
- 180 mL (2/3 cup) apple juice
- 125 mL (1/2 cup) high-protein milk
- 5 mL (1 tsp) honey
- Cinnamon to taste

Mix all ingredients well until smooth.

Fruit Juice Shake («Julep»)

**Makes: 250 ml (1 cup), provides 16 g of protein
and 270 calories**

- 180 mL (2/3 cup) fruit juice
- 120 mL (1/2 cup) skim milk powder
- Vanilla extract
- 1 pasteurized egg (optional)

Beat the egg well.

Mix with the other ingredients.

Frosted Orange Drink

Makes: 2 servings of 180 mL (2/3 cup)

Per serving: 7 g protein | 133 calories

- 1 pasteurized egg
- 180 mL (2/3 cup) high-protein milk
- 125 mL (1/2 cup) orange juice
- 5 mL (1 tsp) sugar (or to taste)

Banana Soda

Makes: 2 servings of 250 mL (1 cup)

Per serving: 10 g protein | 260 calories

- 1 pasteurized egg
- 250 mL (1 cup) high-protein milk
- 1 small ripe banana, sliced
- 15 mL (1 tbsp) honey
- 125 mL (1/2 cup) vanilla ice cream

Mash banana.

Blend egg, milk, banana and honey until smooth.

Pour into two 250 mL (1 cup) glasses.

Top with ice cream

Café au lait

Makes: 300 mL (1 1/4 cups)

Per serving: 5 g protein | 120 calories

- 120 mL (1/2 cup) boiling water
- 120 mL (1/2 cup) hot, high-protein milk
- 5 mL (1 tsp) instant coffee
- 30 mL (2 tbsp) whipped cream

Place instant coffee in a large mug.

Pour in hot water and hot milk.

Top with whipped cream.

Sweeten to taste.



Dairy-free fruity drink

Makes: 3 servings

Per serving: 210 calories | 10 g protein | 37 g carbohydrates

- 375 mL (1 1/2 cups) vanilla soy beverage
- 250 mL (1 cup) soft silken tofu
- 1 banana or 1 pear
- 250 mL (1 cup) strawberries or other berries
- 45 mL (3 tbsp) sugar or pasteurized honey

Note: This mixture can be used to make frozen popsicles.

Fruity drink

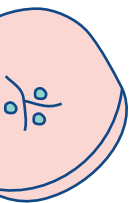
Makes: 2 servings

Per serving: 260 calories | 9 g protein | 50 g carbohydrates

- 100 g (1/3 cup) soft or silken tofu
- 30 mL (2 tbsp) sugar or pasteurized honey
- 125 mL (1/2 cup) yogurt
- 250 mL (1 cup) fruit juice
- 60 mL (1/4 cup) skim milk powder
- 1 banana

Alternative:

Replace banana with 250 mL (1 cup) fresh or frozen fruit.



Soy fruity drink

Makes: 2 servings

Per serving: 320 calories | 19 g protein | 50 g carbohydrates

- 100 g (1/3 cup) soft or silken tofu
- 30 mL (2 tbsp) sugar or pasteurized honey
- 125 mL (1/2 cup) yogurt or soy pudding
- 250 mL (1 cup) enriched soy beverage
- 60 mL (4 tbsp) powdered soy beverage
- 1 banana

Customizable recipes

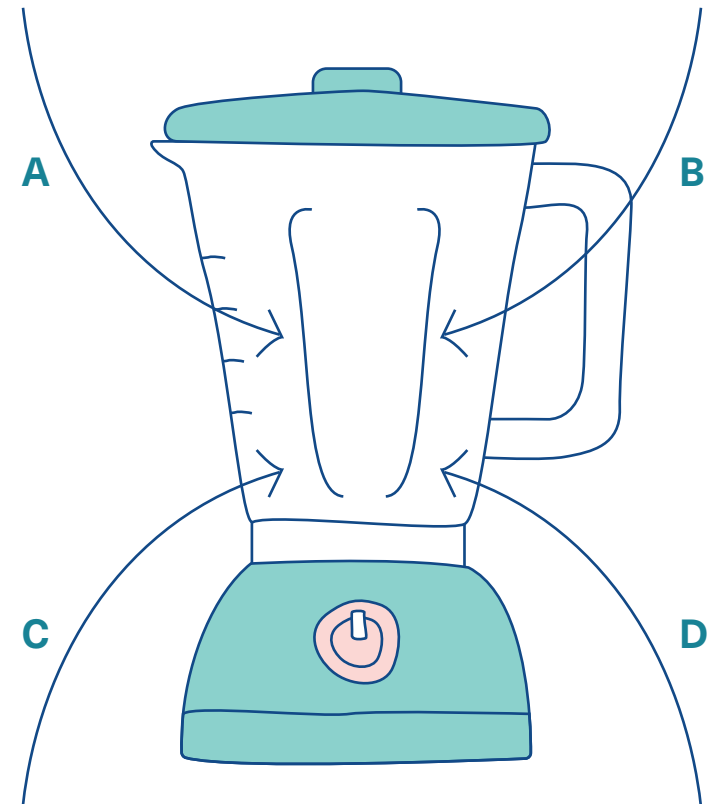
Choose an item from each of the four categories.

1/2 cup of:

- Milk;
- Protein milk;
- Soy beverage;
- Protein beverage, etc.

1/2 to 1 cup of:

- Fresh or frozen fruit;
- Vegetables;
- Leafy greens, etc.



1/2 cup of:

- Plain or vanilla Greek yogurt;
- Skyr yogurt;
- Cottage cheese, etc.

Little extras:

- Flax, hemp or chia seeds;
- Honey or maple syrup;
- Peanut or nut butter;
- Vanilla essence;
- Protein powder, etc.