

High-Calorie Shake Recipe Cards

4 free recipes for the days eating feels impossible

When solid food isn't an option, calories and protein still have to come from somewhere. These four shakes were built for the days a full meal just isn't happening — soft, cool, easy to get down, and built to carry real fuel while you heal.

1. The Basic Builder

~520 calories | ~24g protein

INGREDIENTS

- 1 cup whole milk
- 1 scoop vanilla protein powder
- 2 tbsp peanut butter
- 1 ripe banana
- 1 tbsp honey

HOW TO MAKE IT

1. Add all ingredients to a blender.
2. Blend on high 30–45 seconds, until completely smooth.
3. Add ice for a colder, thicker shake if your mouth tolerates cold well.

Tip: This is the one to start with. Simple ingredients, mild flavor, easy on a sore mouth.

2. The Green Machine

~480 calories | ~22g protein

INGREDIENTS

- 1 cup whole milk or oat milk
- 1/2 ripe avocado
- 1 scoop vanilla or unflavored protein powder
- 1 tbsp cocoa powder
- 1 tbsp honey or maple syrup

HOW TO MAKE IT

1. Combine all ingredients in the blender.
2. Blend until silky smooth — avocado can leave small flecks, so blend a full minute.
3. Chill before drinking if cold feels good; skip ice if cold sensitivity is an issue.

Tip: Avocado adds calories and a creamy texture without a strong taste of its own — good for when taste changes make sweet shakes hard to finish.

3. The Comfort Shake

~560 calories | ~20g protein

INGREDIENTS

- 1 cup whole milk
- 1/2 cup vanilla ice cream or frozen yogurt
- 2 tbsp instant breakfast powder or dry milk powder
- 1/4 tsp cinnamon (optional)

HOW TO MAKE IT

1. Add all ingredients to the blender.
2. Blend on high until smooth and creamy, about 30 seconds.
3. Serve right away — this one is best cold and thick.

Tip: Tastes more like dessert than medicine. Good for evenings when you need something that feels like a treat, not a task.

4. The Savory Option

~500 calories | ~26g protein

INGREDIENTS

- 1 cup whole milk or half-and-half
- 1 scoop unflavored protein powder
- 2 tbsp nut butter (almond or cashew)
- 1 tbsp heavy cream
- Pinch of salt

HOW TO MAKE IT

1. Blend all ingredients until smooth.
2. Thin with extra milk if it's too thick to get down easily.
3. Sip slowly — this one is calorie-dense, so a little goes a long way.

Tip: For the days sweet flavors feel like too much. Unflavored protein powder keeps this one neutral.

FOUR RECIPES ISN'T ALWAYS ENOUGH.

Some weeks you need more variety than four shakes can give you — especially once taste changes start making the same flavor wear out fast.

The full **High-Protein Soft Food Recipe eBook and Nutrition Nourishment Bundle** goes further — 50 recipes total, 7-day meal plans, a grocery list built for soft-diet shopping, and a taste-change adaptation guide for the days even your favorite shake stops tasting like anything.

Get it at healedandstrong.com

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