

HIGH CALORIE SMOOTHIE FOR WEIGHT MANAGEMENT

Smoothies are a great way to pack in calories and nutrients. There are so many recipes out there, some add ice cream, others add vitamins or herbal supplement powders. The following information is pretty basic, take a liquid base, add in a protein, fat, and nutrient-rich flavor. “**C**” next to a food makes the smoothie thicker or creamier. With that said, a serving of an avocado is one-fifth. An entire avocado in a smoothie will make it thick like pudding. But that could be delicious, too!

THE LOW DOWN

- High protein does not necessarily mean high calorie. For weight gain, calories are key.
- Calories are found in fat and carbohydrates. Subtract fiber from carbs, the difference in those numbers tends to reflect the sugar content in food, so the closer together those numbers, the less sugar. This is especially important for diabetics and anyone watching their glycemic intake.
- Build a smoothie that has the most caloric density in the smallest volume, especially when there are issues with eating or drinking large amounts.
- Watch total fiber if on a low residue (low fiber) diet, also certain diets restrict fruit with seeds so avoid when necessary. Blend smoothie well if adding nuts or seeds.
- Fiber and fat contribute to feeling full. Don't feel the need to make the biggest smoothie possible, as it may not be consumed in one sitting. Limit base volume to 1 cup (8oz) or less.
- Consider making a room temperature smoothie if receiving oxaliplatin, which can cause sensitivity to cold.
- There is no need for a fancy, expensive blender. A bullet blender is small and clean up is quick. They also come with lids for the blend jars to store extra smoothie if needed.
- Think outside the box! Add greens like fresh spinach or baby kale. Adding citrus can help with flavor if there are taste changes from treatment.

The charts below contain vegan (**V**) and non-vegan options. We are not endorsing one brand over the other, they are examples of readily available brands that patients use. There may be variance in nutritional value in different products depending on brand.

The amounts listed aren't how much would be added to a smoothie, they help give an estimate as to the nutritional value of the food.

8oz = 1 cup

1/4 cup = 4 TBSP

3 tsp = 1 TBSP

HOW TO MAKE A SMOOTHIE

- 1** Pick a base and protein (if needed), add to blender along with anything that needs to be ground well, like nuts and seeds.
- 2** Blend.
- 3** Add fat, blend.
- 4** Finally, mix in flavor add ins and any spices. Blend, then enjoy!

BASE	Calories	Protein	Fat	Carbs	Fiber
Almond milk, 8oz	35	1g	3g	1g	1g
Coconut water, 8oz	60	1g	0g	15	0g
Kate's Farm Complete Vanilla V 8oz	311	12g	6g	30g	4g
Kate's Farm Peptide 1.5 V 8oz	364	17g	18g	30g	4g
Milk, whole fat grass-fed 8oz	150	8g	8g	12g	0g
Orgain Protein Almond Milk, unsweetene vanilla V 8oz	80	10g	3g	3g	2g
Orgain clean, vanilla vegan V 8oz	182	12g	5g	23g	1g
Orgain shake, vanilla clean protein 8oz	102	15g	1g	7g	2g
Orgain Protein Almond Milk, unsweetene vanilla V 8oz	80	3g	10g	3g	2g

FAT	Calories	Protein	Fat	Carbs	Fiber
Almonds, raw ¼ cup	170	6g	15g	6g	4g
Almond Butter, 2 TBSP	190	8g	17g	6g	3g
Avocado, medium whole C	250	3g	23g	13g	10g
Avocado Oil, 1 TBSP	123	0g	14g	0g	0g
Brazil nuts,	109	2g	11g	2g	1g
Butter, 1 TBSP unsalted	102	0g	12g	0g	0g
Cashews, raw ¼ cup	160	5g	12g	8g	1g
Coconut cream, ⅓ cup	170	2g	16g	4g	0g
Coconut Oil	120	0g	13g	0g	0g
Olive Oil	119	0g	13g	0g	0g
Peanut Butter, 1 TBSP C	95	4g	8g	4g	1g
Sunflower seed butter, 2 TBSP C	200	7g	16g	7g	4g

PROTEIN	Calories	Protein	Fat	Carbs	Fiber
Collagen protein powder, 2 scps	70	18g	0g	0g	0g
Kate's Farm Complete Vanilla V 11oz	325	16g	12g	38g	5g
Kate's Farm Peptide 1.5 V 11oz	500	24g	25g	45g	3g
Orgain Protein Powder V 2 scps	150	21g	4.5g	8g	5g
Sunwarrior, classic protein powder V 1 scp	100	20g	1.5g	2g	1g
Whey protein powder Garden of Life Spc 1 scp	120	24g	0g	6g	4g
Yogurt, Greek 0% fat 8oz	130	22g	0g	11g	0g

FLAVOR OR CARB ADD INS	Calories	Protein	Fat	Carbs	Fiber
Blueberries, 1 cup	84	1g	0g	21g	4g
Banana, 1 medium C	105	1g	0g	27g	3g
Cacao nibs, 2 TBSP	90	2g	7g	6g	5g
Coconut flakes, dried, unsweetened 1 TBSP	37	0g	3g	1g	1g
Oats, dry rolled ¼ cup C	95	4g	2g	16g	3g
Chia seeds, 1 TBSP	60	2g	4g	4g	4g
Flax seeds, ground 1 TBSP	35	2g	2g	2g	2g
Frozen mixed berries, 1 cup	70	1g	0g	17g	3g
Hemp seeds, raw 1 TBSP	57	3g	5g	0g	0g
Sunflower seeds, 1 TBSP	50	2g	4g	2g	1g
Honey, 1 tsp	23	0g	0g	6g	0g
Dates, 1 pitted	66	0g	0g	18g	2g
Maple syrup, 1 tsp	17	0g	0g	4g	0g

Spices like cinnamon, nutmeg, ginger, or vanilla extract can be added for extra flavor.