



40 HIGH-CALORIE **MASS BUILDING** SHAKES & SMOOTHIES RECIPES

FOR SKINNY GUYS

By **Alain Gonzalez**

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Mass Building Shakes

Healthy High-Calorie Meal Replacement

Prepare: Throw all ingredients into a blender for 30-60 seconds.

Peanut Butter Brittle Shake

- 2 scoops vanilla protein
- 1 tbsp sugar-free instant butterscotch pudding mix, dry
- 1 tbsp natural peanut butter, chunky
- 8 oz. cold water or low fat milk
- 3-6 ice cubes

Cheesy Vanilla Shake

- 16 oz. skim milk
- 2 cups no-fat cottage cheese
- 3 scoops of protein powder
- 1/2 cup non-fat, vanilla yogurt
- 1 scoop of your favorite fruit
- splenda to taste (approx 2 packets)
- 2-3 cubes of ice

The Muscle Monster Smoothie

- 16 oz. Soy Milk (Skim, 1%, 2%, or Whole)
- 1 Banana
- 1 Tbsp peanut butter
- 1/2 cup oats
- 2 scoops chocolate whey
- 1/2 cup Greek yogurt
- 2 cubes of ice

Orange You Glad It's Healthy

- 12 ounces fresh orange juice
- 2 scoops vanilla whey protein
- 1 banana
- 2 tablespoons natural peanut butter
- 4 ice cubes

Blueberry Blast

- 1 cup vanilla almond milk
- 1 frozen banana (peel before freezing)
- 1/2 cup blueberries
- 1 scoop unflavored or vanilla protein powder

Chocolate Chip “Ice cream”

- 1 cup chocolate almond milk
- 1 tablespoon peanut butter
- 1 frozen banana (peel before freezing)
- 1 tablespoon cacao nibs
- 1 scoop chocolate protein powder
- 1/2 cup chocolate chips

Jared’s Chocolate Peanut Butter Milkshake

- 2 tbsp organic peanut butter
- 2 scoops chocolate protein powder
- 12 ounces of coconut milk
- 2 tbsp cocoa powder
- 2 tbsp splenda
- 2-3 cubes of ice

Caramel Apple Smoothie

- 1/4 cup caramel ice cream topping
- 1/8 cup chocolate syrup
- 1 apple, peeled, cored and diced
- 16 oz. Skim Milk
- 1 tsp. cinnamon
- 8 ice cube
- 1-2 scoops vanilla whey

Reeses Pieces Shake

- 1 cup skim milk
- 1 cup egg beaters
- 1 heaping tbsp peter pan honey roasted peanut butter
- 2.5 scoops double rich chocolate whey protein
- A sufficient amount of Coffeemate sugar free hazelnut flavoring

The Girl Scout

- 12 oz skim milk
- 4-8 Thin Mint Girl Scout Cookies
- 2-3 cubes of ice
- 2 scoops of chocolate whey protein

Thrilla in Vanilla Protein Shake

- 2 scoops vanilla whey
- 16 oz light soy milk
- 1 tbsp linseed, soy and almond mixture
- 1 tsp syrup
- Few drops vanilla extract
- 3-4 cubes ice
- 1 tbsp low fat natural yogurt

Almond Blast

- 2 scoops of vanilla Whey
- 10-12 oz of skim milk
- 1/2 cup of dry oatmeal
- 1/2 cup of raisins
- 12 shredded almonds
- 1 tbsp of almond butter

Peppermint Oatmeal

- 2 scoops of chocolate protein
- 1 cup sugar free vanilla ice cream
- 1 cup oatmeal
- 2 cups non-fat milk or skim
- 1/2 cup water
- A splash of peppermint extract

Incredible Hulk

- 2 scoops vanilla protein
- 1/2 tbsp sugar-free pistachio pudding mix
- Few drops peppermint extract
- 1 few drops green food coloring (optional)
- 8 oz cold water or low-fat milk
- 3-5 ice cubes

Cinnamon Roll Protein Smoothie

- 2 scoops vanilla protein powder
- 1 tbsp sugar-free instant vanilla pudding
- 1/4 tsp cinnamon
- 1/4 tsp vanilla extract
- 1 packet artificial sweetener
- Few dashes butter flavor sprinkles or butter-flavor extract
- 8 oz water (or low-fat milk)
- 3 ice cubes

Chocolate Peanut Butter Mix

- 2 Cups 2% milk
- 1/4 cup peanut butter
- 3 ice cubes
- 1/2 banana
- 1 scoop chocolate protein powder
- 1 tsp of chocolate hershey syrup

Mango Coconut Shake

- 1 Scoop of Vanilla Whey Protein
- 3–4 Frozen Pieces of Mango
- 6oz of Coconut Milk
- Water

Strawberry Banana Shake

- 1 Scoop of Strawberry Whey Protein
- A handful of Kale
- 5 frozen strawberries
- 1 banana
- Water

Pineapple Shake

- 1 Scoop Vanilla Whey Protein
- 10 pieces of frozen Pineapple
- 16 oz Coconut Milk

Watermelon Mago Mix

- 1 Scoop of Vanilla Whey Protein
- Watermellon
- Frozen Mango
- 12 oz Almond Milk

Buckeye Shake

- 2 scoops chocolate protein powder
- 6 oz almond milk
- 1.5 TBSP peanut butter
- 1 TBSP raw cocoa powder
- 4 oz water (more for a thinner shake, less for a thicker shake)
- 3 Ice Cubes

Apple Crisp Shake

- 2 scoops vanilla protein powder
- 6 oz almond milk
- 1/2 cup applesauce
- Crushed ice
- Water

Mint Chocolate Chip Shake

- 2 scoops low carb chocolate protein powder
- 12 oz mint flavored green tea
- 1 TSBP raw cocoa powder
- 1 TBSP cacao nibs (optional)
- 3 Ice Cubes

Cashew Cookie Protein Shake

- 2 scoops vanilla protein powder
- 6 oz almond milk
- 1.5 TBSP cashew butter
- 4 oz water (more for a thinner shake, less for a thicker shake)
- 1-5 drops vanilla extract
- 1-5 drops butter flavoring extract
- 2-3 Ice Cubes

Blueberry Muffin Shake

- 2 scoops vanilla protein powder
- 6 oz almond milk
- 2/3 cup blueberries
- 1/2 packet of TrueLemon
- 2 TSP cashew butter
- 1-5 drops vanilla extract
- 4 oz water (more for a thinner shake, less for a thicker shake)
- 3 Ice cubes

Sweet Potato Pie Protein Shake

- 2 scoops vanilla protein powder
- 6 oz almond milk
- 1/2 cup sweet potato (already baked, no skin)
- 1-5 drops vanilla extract
- 4 oz water (more for a thinner shake, less for a thicker shake)
- Crushed ice
- Pumpkin Pie Spice to taste

Mass Building Shakes

Pre-Workout Shakes & Smoothies

Prepare: Throw all ingredients into a blender for 30-60 seconds.

Berry Delicious Smoothie

- 1 cup strawberries
- 2 scoops strawberry whey protein
- 1/2 cup strawberry yogurt (low fat)
- 1 tsp honey

Chocolate Coffee Shake

- 2 scoops of chocolate whey protein
- 1 cup of skim milk
- 3 ice cubes
- 1 cup of water
- 1 spoonful of instant coffee

Espresso Smoothie

- 1 scoop Vanilla Whey Protein
- 1 shot of espresso
- ¼ cup of Greek yogurt
- Pinch of stevia
- Pinch of cinnamon
- 5 ice cubes

Jam Shake

- 1 cup vanilla yogurt (low fat)
- 1 banana
- 2 TBSP strawberry jam
- 1 TBSP honey
- 2 scoops vanilla whey protein

Pina Colada Shake

- 1.5 scoops of vanilla protein powder
- 1 tsp. of coconut extract flavoring
- 1/3 cup of crushed pineapple or 2 pineapple rings
- 1/4 cup of unsweetened coconut milk
- Ice cubes and water



Mass Building Shakes

Post-Workout Shakes & Smoothies

Prepare: Throw all ingredients into a blender for 30-60 seconds.

Banana Bread Shake

- 2 scoops Vanilla Whey Protein
- 1 Banana
- 1/2 Cup Quaker Oatmeal
- 1/2 Cup Bran Flakes
- 350ml of Water
- 30g of Dextrose

Berries & Cream Shake

- 1-2 scoops of vanilla whey protein
- 2-3 ice cubes
- 1 small can of pineapple juice
- 1 handful of mixed berries

Berry Blast Shake

- 2 scoops Vanilla Whey Protein
- 1.5 Cup of Frozen Berries Mix (Strawberries, Raspberries, Blueberries)
- 4 Tablespoons of fat-Free Yogurt
- 200ml of Water
- 25g of Dextrose

Strawberry Cheesecake Shake

- 10 oz water
- 8 frozen strawberries
- 4 tbsp low fat sour cream
- 2 scoops strawberry whey
- 1 tsp honey

Peaches & Cream Shake

- 8-10 oz pure water
- 1 ripe peach
- 2 tbsp low fat sour cream
- 1 tsp honey
- 2 scoops vanilla whey



Mass Building Shakes

Bedtime Shakes & Smoothies

Prepare: Throw all ingredients into a blender for 30-60 seconds.

Alain's Nightcap

- 2 scoops chocolate whey
- 16 oz milk
- 1/2 cup oatmeal
- 1 tbsp almond butter
- 3 cubes ice

Ezekiel Nut Smoothie

- 2 scoops vanilla whey
- 1/2 cup Ezekiel cereal
- 1 scoop casein
- 1 tbsp peanut butter
- 16 oz skim milk
- 3 cubes ice

Sweet Potato Shake

- 1 sweet potato, cooked and peeled
- 1/2 tsp cinnamon
- 1/2 cup shredded almonds
- 2 scoops whey protein (any flavor)
- 16 oz whole milk

Midnight Macadamia

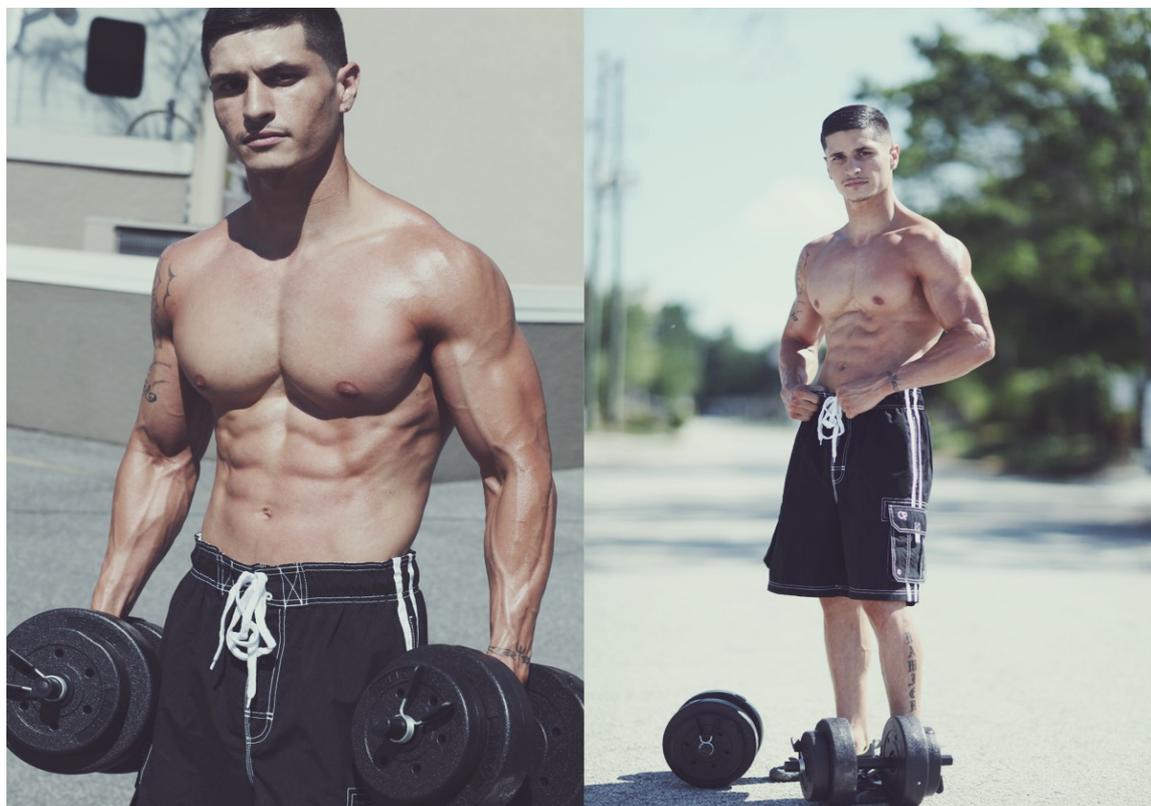
- 2 scoops vanilla whey
- 12 oz almond milk
- 1 scoop casein
- 1/2 cup macadamia nuts
- 1/2 cup Greek yogurt

Peanut Nutter Butter Shake

- 2 scoops whey protein
- 1 scoop casein
- 12 oz coconut milk or almond milk
- 1 tbsp chocolate syrup
- 1 tbsp crunchy peanut butter



About the Author



Alain Gonzalez is a personal trainer, free lance writer and fitness consultant who has dedicated his life to helping others meet their fitness goals.

His transformation has been featured in articles on websites all over the internet and has given hope to countless hardgainers all over the world.

He is the founder of www.MuscleMonsters.com, a fitness site dedicated to helping skinny guys and gals build muscle and stay lean, and is the author of "[Bony to Brawny](#)" – The skinny guy's secret to explosive muscle gains revealed.