

# Healthy Weight Management - *Breakfast Meal Replacement Shake Recipe Book*



NIAGARA HEALTH SYSTEM  
SYSTÈME DE SANTÉ DE NIAGARA  
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# Introduction

It is important to try and eat a breakfast every day. Eating a breakfast helps give you energy in the mornings, and also regulates your appetite and metabolism which can help with healthy weight management.

*Don't feel like making a breakfast? Try a shake instead!*

Making a shake can be a great way to start your day. The shake recipes in this booklet are designed to give you a balance of nutrients and can be used as an alternative to a traditional breakfast. All the shakes in this recipe book contain 250-350 calories per recipe.

In addition to the recipe section of this booklet, there is also a **Build Your Own Shake** section where you can learn how to build your own shake and create your own recipes.

Most of the recipes in this booklet contain dairy. If you are looking for non-dairy options, go to the **Build Your Own Shake** section where you can find non-dairy alternatives to use in these recipes.



# Shake Recipes

For the following recipes, mix all ingredients in a blender or food processor for 60 seconds or until consistency is smooth before serving.

## Apple Cinnamon Shake

- 1 cup of 1% milk
- 1 medium to large apple (peeled and sliced)
- 2 tbsp skim milk powder
- 1/4 tsp cinnamon
- 1 tsp flaxseed oil
- 1 tbsp psyllium husk powder
- 2 ice cubes

Contains: 290 calories, 14g protein, 8g fibre



## Pina Colada Shake

- 1 cup of 1% milk
- 2 tbsp skim milk powder
- 1 tbsp shredded coconut (or 1/4 tsp coconut extract)
- 1/2 cup pineapple (fresh or canned)
- 1 tsp flaxseed oil
- 1 tbsp psyllium husk powder
- 2 ice cubes

Contains: 315 calories, 14.5g protein, 8g fibre

## Peanut Butter & Banana Shake

- 1 cup of 1% milk
- 1 tbsp peanut butter
- 1 medium banana
- 1 tbsp psyllium husk powder
- 2 ice cubes

Contains: 340 calories, 13.5g protein, 8g fibre



### Vegan/Dairy-Free Shake

- 1 cup vanilla soy milk
- 1/2 tbsp soy protein powder
- 1/2 cup fruit (e.g. banana, apple)
- 1 tsp flaxseed oil
- 1 tbsp psyllium husk powder
- 2 ice cubes

Contains: 270 calories, 17 grams protein, 8g fibre



### Yogurt Shake

- 1 cup plain yogurt (non-fat)
- 1/2 cup juice
- 1 tbsp honey
- 6 tbsp All Bran cereal

Contains: 305 calories, 14 grams protein, 6g fibre

# My Own Recipes







# Build Your Own Shake

You can use the recipes provided in this booklet, however, you may also want to try creating your own shake. Creating your own shake can provide you with a greater variety of flavours and choices.

The 7 steps listed below are designed to help you build a balanced shake from start to finish. The recommended portions for the different shake ingredients are included in the column labeled 'amount' beside the ingredients. The calorie and protein information is also provided for each ingredient to help you calculate the amount of calories and protein in the shake you build. Depending what ingredients you choose, the shakes built using the following 7 steps will generally contain between 200-350 calories and 12-18g protein.

**Helpful Tip:** A bulk food store is a great place to find ingredients for your shake.

## Let's Get Started

### *Step 1: Choose Your Liquid*

Milk and milk alternatives are often a good choice for shakes. Choose a milk or milk alternative from the list below to use in your shake. Note that some milk alternatives are lower in protein (e.g. rice or almond milk). If you use these lower protein milk alternatives you should add more protein to your shake in step 2.

Milk/Milk Alternatives	Amount	Calories	Protein(g)
Almond milk	1 cup	70	2
Lactose-free milk (1% MF)	1 cup	110	9
Cow's Milk (1% MF)	1 cup	110	8
Rice milk	1 cup	120	0.5
Soy milk	1 cup	90	7

## Step 2: Add Protein

Choose a high protein item to add to your shake from the list below. If you used a low protein milk alternative from step 1 (e.g. rice or almond milk), you should also add an extra 8g protein from rice or soy protein powder to compensate. For example: add 1 tbsp rice protein powder (8g protein) or 4 tsp soy protein powder (8g protein) to your shake *in addition* to the protein ingredient you have chosen.

Nut/Seed Butters	Amount	Calories	Protein(g)
Almond butter	1 tbsp	100	2.5
Cashew butter	1 tbsp	95	3
Peanut butter	1 tbsp	95	4
Sesame seed butter	1 tbsp	85	3
Soy nut butter	1 tbsp	85	3.5
Sunflower seed butter	1 tbsp	85	3
Protein Powders			
Rice protein powder	2 tsp	30	6
Skim milk powder	2 tbsp	40	4
Soy protein powder	2 tsp	20	4
Whey protein	2 tsp	20	4

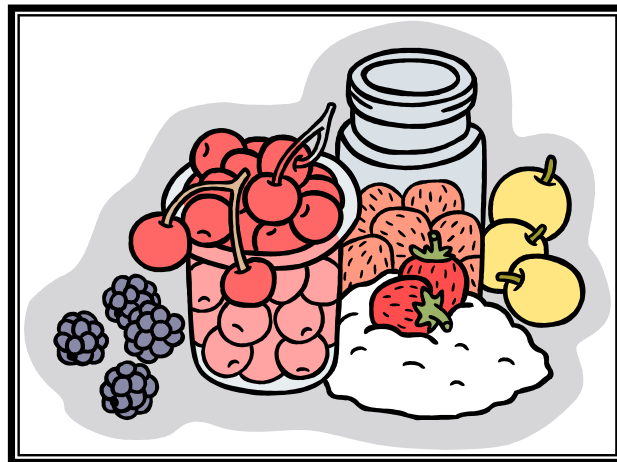


### **Step 3: Add Carbohydrate**

Carbohydrate is important to include in your shake as it is a good source of energy.

Choose a fruit to provide carbohydrate to your shake from the list below. Fruit will also provide fibre for your shake (2-4 grams per fruit serving). Fibre will help to make your shake more filling. You can use fresh, frozen or canned fruit (drained).

<b>Fruit</b>	<b>Amount</b>	<b>Calories</b>	<b>Protein(g)</b>
Apple	1 medium	90	1
Banana	1 medium	105	1.3
Blueberries	½ cup	45	0.5
Mango	½ cup	55	0.6
Peach	1 medium	60	1.4
Pear	1 medium	100	0.7
Pineapple	½ cup	45	0.5
Raspberries	½ cup	35	0.8
Strawberries	½ cup	30	0.5





### **Step 4: Add Fat**

Unsaturated fats (known as ‘healthy’ fats) are high in essential fatty acids which are important for good health. If you have added a nut/seed butter (see step 2) or ground flaxseed (see step 5) to your recipe, then you already have essential fatty acids in your shake as both these ingredients are rich in unsaturated fats. If you have not included either of these ingredients, you may want to add some unsaturated fat to your shake. The suggested amounts to add to you shake are provided below.

<b>High Fat Ingredients</b>	<b>Amount</b>	<b>Calories</b>	<b>Protein(g)</b>
Canola oil	1 tsp	40	0
Flaxseed oil	1 tsp	40	0
Soybean oil	1 tsp	40	0
Sunflower oil	1 tsp	40	0
Safflower oil	1 tsp	40	0
Grapeseed oil	1 tsp	40	0



### **Step 5: Add Fibre**

Adding extra fibre to your shake can help to make it more filling as well as promote good bowel health. If you have added fruit to your shake, your shake already contains 2-4 grams of fibre. There are several options to add more fibre to your shake however. High fibre ingredients that you can add are listed in the table provided.

When adding fibre to your shake you may want to start with a small amount and increase as tolerated. Adding too much fibre to your diet too fast may cause abdominal bloating and gas. For example, you may want to start by adding 2g fibre to your shake, then gradually increase to 4-6g per shake as tolerated.

Adding fibre may give your shake a more gritty texture. If this is not desired, you can try adding a commercial fibre supplement called Benefibre (listed in the table) to your shake which does not cause a gritty texture.

High Fibre Ingredients	Amount	Fibre(g)	Calories	Protein(g)
All Bran cereal	2 tbsp	2	20	1
Benefibre	1 tsp	3	10	0
Ground flaxseed	1 tbsp	2	40	1.5
Metamucil	1 tsp	3	20	0
Oat bran	2 tbsp	2	30	2
Oatmeal (cooked)	½ cup	2	75	3
Psyllium husk powder	1 tsp	2	10	0
Rolled oats (raw)	¼ cup	2	75	3
Wheat bran	1 tbsp	2	8	0.5

### ***Step 6 (Optional): Add Extra Flavouring***

In many cases your shake may already taste great by the time you get to this step. However, if you want to adjust the flavor of your shake there are many options. Below is a list of just some of the items you can add to your shake to create different flavours.

- ♥ Almond extract
- ♥ Cocoa powder
- ♥ Flavoured coffee mate
- ♥ Mint extract
- ♥ Shredded coconut
- ♥ Cinnamon
- ♥ Coconut extract
- ♥ Instant coffee (regular or decaffeinated)
- ♥ Nutmeg
- ♥ Vanilla extract

### ***Step 7: Add Two Ice Cubes, Blend and Serve!***

Mix all your ingredients together in a blender. Blend your shake until smooth. It can take up to 60 seconds to fully dissolve skim milk or protein powder in the blender. Serve and enjoy!