

High Calorie Smoothies

To help prevent weight loss



MEALS ON WHEELS
SAN FRANCISCO

Easy as 1, 2, 3!

- 1 Add your **liquid**
Choose 1-3 **vegetables &/or fruits**
- 2
- 3 Choose 1-3 **calorie boosters**
Blend to desired consistency
Too thick? Add liquid *Too thin? Add fruit*



Add ins for a calorie boost:

Nut butter Yogurt
Powdered milk Tofu
Cottage cheese beans
Sherbet Nuts/seeds
Ice cream Honey
Oats Coconut Cream



Fruits & Vegetables:



Banana Carrots
Avocado Orange
Durian Lychee
Spinach Guava
Mango Berries
Peas Cauliflower

Fresh, frozen or canned work, use what you have!

Liquids:

Whole milk Soy milk
Half & half Fruit juices

