

HOMEGROWN WELLNESS

# Curve & Gain Smoothies

*20 high-calorie smoothies to help you gain weight the healthy way.*

## **FREE GIFT**

Free with love from Homegrown Wellness — share with a friend who needs it.

## How to use this guide

These smoothies are built for healthy weight gain — calorie-dense, protein-rich and easy to drink when food feels heavy. Aim for 1–2 per day on top of your normal meals, especially after workouts or as a snack between meals. Use whole milk or a plant alternative with the same calories. Adjust honey or maple to taste.

### Quick tips for gaining

- Eat every 3 hours — don't let yourself get too hungry.
- Liquid calories digest fast and don't fill you up like solid food.
- Strength train 3–4x/week so the weight you gain is curves and muscle.
- Track for 2 weeks — if the scale isn't moving, add 200 extra calories.

# Peanut Butter Power Shake

*Classic mass-gainer · ~720 kcal*

## Ingredients

- 1 frozen banana
- 2 tbsp natural peanut butter
- 1 cup whole milk (or oat milk)
- 1/2 cup vanilla Greek yogurt
- 1 scoop vanilla protein
- 1 tbsp honey
- 1 tbsp ground flax
- Handful of ice

## How to make it

1. Add liquid to the blender first.
2. Add banana, peanut butter, yogurt, protein, honey and flax.
3. Blend 45 seconds until smooth and creamy.
4. Pour, top with a swirl of peanut butter.

**Approx:** 720 kcal · 38g protein · 75g carbs

*Tip: Freeze the banana the night before for a thicker shake.*

# Banana Bread Mass Builder

*Tastes like dessert · ~780 kcal*

## Ingredients

- 1 frozen banana
- 1/3 cup rolled oats
- 1 cup whole milk
- 2 tbsp almond butter
- 1 scoop vanilla protein
- 1 tsp cinnamon
- 1 tsp vanilla extract
- 1 tbsp maple syrup
- 1 tbsp chia seeds

## How to make it

1. Soak oats in milk for 5 minutes to soften.
2. Add everything to the blender.
3. Blend 60 seconds until thick.
4. Serve in a chilled glass.

**Approx:** 780 kcal · 36g protein · 92g carbs

*Tip: Add a pinch of nutmeg for cozy banana-bread vibes.*

# Chocolate Avocado Gainer

*Creamy & rich · ~690 kcal*

## Ingredients

- 1/2 ripe avocado
- 1 frozen banana
- 1 cup whole milk
- 2 tbsp cocoa powder
- 1 scoop chocolate protein
- 1 tbsp almond butter
- 1 tbsp honey
- Pinch of sea salt

## How to make it

1. Scoop avocado straight in.
2. Add the rest and blend 60 seconds.
3. Scrape down once and blend again for silky texture.
4. Serve immediately.

**Approx:** 690 kcal · 32g protein · 58g carbs

*Tip: Avocado gives healthy fats without changing the flavor.*

# Strawberry Cheesecake Shake

*Sweet & smooth · ~650 kcal*

## Ingredients

- 1 cup frozen strawberries
- 1/2 cup cottage cheese
- 1 cup whole milk
- 1 scoop vanilla protein
- 1 tbsp honey
- 1 graham cracker, crushed
- 1 tsp vanilla extract

## How to make it

1. Blend cottage cheese and milk first until smooth.
2. Add strawberries, protein, honey and vanilla.
3. Blend until creamy.
4. Top with crushed graham cracker.

**Approx:** 650 kcal · 40g protein · 62g carbs

*Tip: Cottage cheese is a hidden protein hero — you won't taste it.*

# Tropical Mango Coconut Bulk

*Vacation in a glass · ~700 kcal*

## Ingredients

- 1 cup frozen mango
- 1/2 frozen banana
- 1 cup full-fat coconut milk
- 1 scoop vanilla protein
- 2 tbsp shredded coconut
- 1 tbsp honey
- Squeeze of lime

## How to make it

1. Add coconut milk and lime first.
2. Add mango, banana, protein and honey.
3. Blend until creamy.
4. Top with shredded coconut.

**Approx:** 700 kcal · 28g protein · 72g carbs

*Tip: Coconut milk = clean calories that don't fill you up too fast.*

# Oats N' Honey Recovery Shake

*Post-workout · ~740 kcal*

## Ingredients

- 1/2 cup rolled oats
- 1 frozen banana
- 1 cup whole milk
- 2 tbsp peanut butter
- 1 scoop vanilla protein
- 2 tbsp honey
- 1 tsp cinnamon

## How to make it

1. Soak oats in milk 5 minutes.
2. Blend everything 60 seconds.
3. Add a splash more milk if too thick.

**Approx:** 740 kcal · 38g protein · 88g carbs

*Tip: Drink within 30 minutes of training for max muscle repair.*

# Cookies & Cream Gainer

*Treat shake · ~810 kcal*

## Ingredients

- 3 chocolate sandwich cookies
- 1 cup whole milk
- 1/2 cup vanilla ice cream
- 1 scoop vanilla or chocolate protein
- 1 tbsp almond butter
- 1 frozen banana

## How to make it

1. Blend milk, banana and protein first.
2. Add cookies, ice cream and almond butter.
3. Pulse a few times so you keep cookie chunks.

**Approx:** 810 kcal · 34g protein · 92g carbs

*Tip: Save this one for a high-calorie day or after a hard lift.*

# Date Caramel Shake

*Natural sweet · ~680 kcal*

## Ingredients

- 4 medjool dates, pitted
- 1 frozen banana
- 1 cup whole milk
- 2 tbsp almond butter
- 1 scoop vanilla protein
- 1 tsp vanilla
- Pinch of sea salt

## How to make it

1. Soak dates in warm water 5 minutes.
2. Blend dates with milk first until smooth.
3. Add the rest and blend creamy.

**Approx:** 680 kcal · 32g protein · 95g carbs

*Tip: Dates give caramel sweetness + natural energy.*

# Vanilla Oat Milkshake

*Smooth & filling · ~700 kcal*

## Ingredients

- 1/2 cup rolled oats
- 1 cup whole milk
- 1/2 cup vanilla Greek yogurt
- 2 tbsp almond butter
- 1 tbsp maple syrup
- 1 scoop vanilla protein
- 1 tsp vanilla

## How to make it

1. Soak oats 5 minutes in milk.
2. Add everything else.
3. Blend 60 seconds.

**Approx:** 700 kcal · 36g protein · 80g carbs

*Tip: Great as a meal replacement on busy mornings.*

# Coffee Mocha Mass Shake

*Morning lift · ~660 kcal*

## Ingredients

- 1 shot espresso (cooled) or 1/2 cup strong coffee
- 1 frozen banana
- 1 cup whole milk
- 1 tbsp cocoa powder
- 1 scoop chocolate protein
- 2 tbsp peanut butter
- 1 tbsp honey

## How to make it

1. Cool the coffee with a few ice cubes.
2. Blend everything 45 seconds.

**Approx:** 660 kcal · 34g protein · 62g carbs

*Tip: Skip caffeine after 2pm if you want easy sleep.*

# Blueberry Almond Builder

*Antioxidant boost · ~620 kcal*

## Ingredients

- 1 cup frozen blueberries
- 1/2 frozen banana
- 1 cup whole milk
- 1/2 cup vanilla Greek yogurt
- 2 tbsp almond butter
- 1 scoop vanilla protein
- 1 tbsp honey

## How to make it

1. Blend yogurt and milk first.
2. Add berries, banana, almond butter, protein and honey.
3. Blend 60 seconds until purple and creamy.

**Approx:** 620 kcal · 34g protein · 60g carbs

*Tip: Frozen wild blueberries blend smoother than fresh.*

# Pumpkin Pie Bulk Shake

*Cozy season · ~700 kcal*

## Ingredients

- 1/2 cup pumpkin puree
- 1 frozen banana
- 1 cup whole milk
- 1 scoop vanilla protein
- 2 tbsp almond butter
- 2 tbsp maple syrup
- 1 tsp pumpkin pie spice

## How to make it

1. Blend pumpkin and milk first.
2. Add everything else.
3. Blend 45 seconds.

**Approx:** 700 kcal · 32g protein · 78g carbs

*Tip: Pumpkin gives fiber + a creamy texture.*

# Berry Coconut Cream

*Smooth & creamy · ~640 kcal*

## Ingredients

- 1 cup mixed frozen berries
- 1/2 frozen banana
- 1 cup coconut milk
- 1 scoop vanilla protein
- 2 tbsp shredded coconut
- 1 tbsp honey

## How to make it

1. Blend everything 60 seconds.
2. Top with extra coconut and a few berries.

**Approx:** 640 kcal · 28g protein · 60g carbs

*Tip: Use full-fat coconut milk for max calories.*

# Chocolate Hazelnut Dream

*Like a candy bar · ~770 kcal*

## Ingredients

- 1 frozen banana
- 1 cup whole milk
- 2 tbsp chocolate hazelnut spread
- 1 scoop chocolate protein
- 1 tbsp cocoa powder
- 1 tbsp almond butter

## How to make it

1. Blend 45 seconds until smooth.

**Approx:** 770 kcal · 32g protein · 78g carbs

*Tip: Drizzle the inside of the glass with hazelnut spread for a treat.*

# Maple Pecan Mass Shake

*Fall favorite · ~720 kcal*

## Ingredients

- 1/4 cup pecans
- 1 frozen banana
- 1 cup whole milk
- 1 scoop vanilla protein
- 2 tbsp maple syrup
- 1/2 tsp cinnamon
- 1 tbsp almond butter

## How to make it

1. Blend pecans + milk first to break them down.
2. Add the rest and blend creamy.

**Approx:** 720 kcal · 30g protein · 70g carbs

*Tip: Toast the pecans first for deeper flavor.*

# Cookie Dough Protein Shake

*Dessert vibes · ~750 kcal*

## Ingredients

- 1 frozen banana
- 1 cup whole milk
- 2 tbsp peanut butter
- 1 tbsp almond butter
- 1 scoop vanilla protein
- 1 tbsp mini chocolate chips
- 1 tbsp honey
- 1/2 tsp vanilla

## How to make it

1. Blend everything except chips.
2. Stir chocolate chips in at the end.

**Approx:** 750 kcal · 36g protein · 80g carbs

*Tip: Use a dairy-free milk + vegan protein for plant version.*

# Tropical Sunrise Builder

*Bright & fruity · ~660 kcal*

## Ingredients

- 1/2 cup frozen mango
- 1/2 cup frozen pineapple
- 1 frozen banana
- 1 cup whole milk
- 1 scoop vanilla protein
- 1 tbsp honey
- 1 tbsp coconut oil

## How to make it

1. Blend everything 45 seconds.

**Approx:** 660 kcal · 28g protein · 78g carbs

*Tip: Coconut oil adds easy clean calories.*

# Almond Joy Shake

*Chocolate-coconut · ~720 kcal*

## Ingredients

- 1 cup whole milk
- 1 frozen banana
- 2 tbsp almond butter
- 2 tbsp shredded coconut
- 1 scoop chocolate protein
- 1 tbsp cocoa powder
- 1 tbsp honey

## How to make it

1. Blend 60 seconds.
2. Top with toasted coconut and a few sliced almonds.

**Approx:** 720 kcal · 34g protein · 70g carbs

*Tip: Add 4 ice cubes for a frostier shake.*

# Vanilla Chai Gainer

*Spiced & warm · ~640 kcal*

## Ingredients

- 1 cup whole milk
- 1 chai tea bag (steeped + cooled)
- 1 frozen banana
- 1 scoop vanilla protein
- 2 tbsp almond butter
- 1 tbsp honey
- 1/4 tsp cardamom

## How to make it

1. Steep tea in warm milk 5 minutes, cool with a few ice cubes.
2. Blend with banana, protein, almond butter, honey and cardamom.

**Approx:** 640 kcal · 32g protein · 62g carbs

*Tip: Use 2 chai bags for a stronger spiced flavor.*

# Snickers Mass Shake

*Sweet & salty finale · ~820 kcal*

## Ingredients

- 1 frozen banana
- 1 cup whole milk
- 4 medjool dates, pitted
- 2 tbsp peanut butter
- 1 scoop chocolate protein
- 1 tbsp cocoa powder
- Pinch of sea salt
- 1 tbsp mini chocolate chips

## How to make it

1. Soak dates 5 minutes.
2. Blend dates with milk first.
3. Add the rest, blend 60 seconds.
4. Stir chocolate chips in at the end.

**Approx:** 820 kcal · 36g protein · 95g carbs

*Tip: This is your high-calorie 'training day' favorite.*

## You did it, sunshine.

If these recipes help, our full meal-plan bundles take it deeper — real plans, real grocery lists, and real support. Visit **[homegrownwellness.info](https://homegrownwellness.info)** to grab one when you're ready.