

Weight gain shake

1. Step 1

Bananas contain a high amount of calories, vitamins, minerals, fiber and most importantly, flavor. They are a great addition to your post workout shake and to have as a snack throughout the day.

2. Step 2

Honey is not only high in sugar, which is excellent for a post workout shake, but is also high in antioxidants which can protect you from a variety of diseases.

3. Step 3

Chocolate milk has been shown, in some studies, to help athletes recover from a workout better than any other protein/carbohydrate combination. You can drink it alone or add it into your shake instead of regular milk.

4. Step 4

While ice cream doesn't have any antioxidants it is loaded with calories which is essential for gaining weight. It also adds consistency and flavor to any drink.

5. Step 5

Frozen fruits are high in nutrients and calories and are a lot cheaper than their fresh counterparts.

Weight gain shake

Protein

- Whey protein powder
- Pasteurized liquid egg whites (do not separate raw eggs and drink the egg white)
- Skim milk powder

Carbohydrate

- Gatorade powder
- Raw oats
- Graham cracker crumbs
- Dextrose (available in some grocery stores)
- Fresh, canned or frozen fruit

Dietary fat

- Peanut butter
- Flaxseeds
- Flaxseed oil
- Coconut oil

By using various combinations of these ingredients, you can create a power-packed weight gainer that contains the exact mix of macronutrients and calories that you need to fit into your diet plan.

In order for a weight-gain shake to be effective, there are some essential nutrients you need to have present. The exact amount of nutrients is going to depend on when you're ingesting the shake as you'll have changing needs throughout the day.

Immediately before or after your workout you will want to prepare a shake consisting primarily of protein and fast-digesting carbohydrates, while later on in the day you should have a better balance of protein, slow-digesting carbohydrates and healthy fats to provide nutrient-rich calories.