



COMPLAN SHAKE

3 ways of adding extra calories to your

Complan Shake

Standard Make Up

Complan Shake
57g Sachet
+
200mls Full Fat Milk

= 387kcal/15.6g Protein

Recipe 1

Complan Shake
57g Sachet
+
200mls Fortified Milk
(1 pint of Full Fat Milk+
4 Table spoons of skimmed milk powder)

= 462kcal/22.8g Protein

Recipe 2

Complan Shake
57g Sachet
+
200mls Whole Milk
+
30mls Double Cream

= 522kcal/15.6g Protein

Recipe 3

Complan Shake
57g Sachet
+
200mls Fortified Milk
+
30mls Double Cream

= 597kcal/23g Protein

•If you are currently prescribed Calogen by your GP or Dietitian you could exchange this with the 30mls of Double Cream.

•Skimmed Milk Powder is made by Marvel and also available from most supermarkets who sell their own brand.

•You could also try.... Ice cream, blended banana, pureed fruit, peanut butter and chocolate spread.

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