

PROTEIN SHAKES (BY BRAND)



Criteria for Selecting Protein Shakes: Less than 2 grams saturated fat and no more than 3X carb to protein

Ensure



Products	Cals	Sat Fat (g)	Sodium (mg)	Carbs (g)	Sugar (g)	Fiber (g)	Protein (g)	Calcium (%)	Iron (%)	Vit-D (%)	Protein Source	Allergen Info
Ensure High Protein Vanilla	160	0.5	135	19	4	0	16	30	40	120	Milk Soy	Lactose Free
Chocolate	160	0.5	180	19	4	1	16	30	40	120	Milk Soy	Lactose Free
Strawberry	160	0.5	135	19	4	0	16	30	40	120	Milk Soy	Lactose Free
Ensure Enlive Vanilla	350	1.5	240	44	20	3	20	50	25	120	Milk Soy	Lactose Free
Chocolate	350	1.5	240	45	22	3	20	50	25	120	Milk Soy	Lactose Free
Strawberry	350	1.5	240	44	20	3	20	50	25	120	Milk Soy	Lactose Free
Ensure Light Vanilla	70	0.5	230	2	0	0	12	10	35	15	Milk Soy	Lactose Free
Chocolate	80	1	210	3	0	1	12	10	35	15	Milk Soy	Lactose Free
Ensure Plus Vanilla	350	1	220	50	20	0	13	30	25	80	Milk Soy	Lactose Free
Milk Chocolate	350	1.5	220	51	22	0	13	30	25	80	Milk Soy	Lactose Free
Strawberry	350	1	220	50	20	0	13	30	25	80	Milk Soy	Lactose Free
Butter Pecan	350	1	220	50	20	0	13	30	25	80	Milk Soy	Lactose Free
Dark Chocolate	350	1.5	230	50	18	1	13	30	25	80	Milk Soy	Lactose Free
Ensure Max Protein Milk Chocolate	150	0.5	230	6	1	2	30	70	4	25	Milk	Lactose & Soy Free
Café Mocha*	150	0.5	230	6	1	2	30	60	0	25	Milk	Lactose & Soy Free

*Contains 100 mg caffeine

*All products are gluten free



Boost Original

Boost High Protein

Boost Glucose Control

Boost Plus

Boost Calorie Smart

Product Name	Cals	Sat Fat (g)	Sodium (mg)	Carbs (g)	Sugar (g)	Fiber (g)	Protein (g)	Calcium (%)	Iron (%)	Vit-D (%)	Protein Source	Allergen Info
Very Vanilla	240	1	150	41	20	3	10	30	25	60	Milk Soy	Lactose Free
Rich Chocolate	240	1	150	41	20	3	10	30	25	60	Milk Soy	Lactose Free
Creamy Strawberry	240	1	150	41	20	3	10	30	25	60	Milk Soy	Lactose Free
Very Vanilla	240	1	220	28	15	0	20	35	25	60	Milk Soy	Lactose Free
Rich Chocolate	240	1	220	28	15	0	20	35	25	60	Milk Soy	Lactose Free
Creamy Strawberry	240	1	220	28	15	0	20	35	25	60	Milk Soy	Lactose Free
Very Vanilla	120	1	230	2	1	0	22	50	10	25	Milk Whey	Soy Free
Rich Chocolate	120	1	230	4	1	0	22	50	10	25	Milk Whey	Soy Free
Very Vanilla	360	2	200	45	22	3	14	35	25	60	Milk Soy	Lactose Free
Rich Chocolate	360	2	200	45	22	3	14	35	25	60	Milk Soy	Lactose Free
Creamy Strawberry	360	2	200	45	6	3	14	35	25	60	Milk Soy	Lactose Free
Vanilla Delight	180	1	200	16	4	3	15	35	25	60	Milk Soy	Lactose Free
Chocolate Sensation	180	1	220	16	4	3	15	35	25	60	Milk Soy	Lactose Free

*All products are gluten free



*All products are gluten free



Glucerna Shake

Glucerna Hunger Smart Shake

Glucerna Snack Shake

Glucerna Advance Shake

Products	Cals	Sat Fat (g)	Sodium (mg)	Carbs (g)	Sugar (g)	Fiber (g)	Protein (g)	Calcium (%)	Iron (%)	Vit-D (%)	Protein Source	Allergen Info
Homemade Vanilla	180	1	210	16	4	4	10	20	20	60	Milk Soy	Contains lactose
Rich Chocolate	180	1	210	16	4	4	10	20	20	60	Milk Soy	Contains lactose
Creamy Strawberry	180	1	210	16	4	4	10	20	20	60	Milk Soy	Contains lactose
Butter Pecan	180	1	210	16	4	4	10	20	20	60	Milk Soy	Contains lactose
Chocolate Caramel	180	1	210	16	4	4	10	20	20	60	Milk Soy	Contains lactose
Homemade Vanilla	180	1	300	14	6	3	15	30	25	40	Milk Soy	Contains lactose
Rich Chocolate	180	1.5	300	15	6	5	15	30	25	40	Milk Soy	Contains lactose
Creamy Strawberry	180	1	300	14	6	3	15	30	25	40	Milk Soy	Contains lactose
Homemade Vanilla	140	0.5	180	19	5	3	7	15	15	15	Milk Soy	Contains lactose
Rich Chocolate	140	0.5	230	19	5	3	7	15	15	15	Milk Soy	Contains lactose
Vanilla	200	1	210	27	6	3	10	25	25	25	Milk Soy	Contains lactose
Chocolate	200	1	210	27	6	3	10	25	25	25	Milk Soy	Contains lactose

EAS



Advantage Edge High Protein

Advant Edge Carb Control

EAS 100% Whey

Myoplex Shred

Myoplex Muscle Gain

Products	Cals	Sat Fat (g)	Sodium (mg)	Carbs (g)	Sugar (g)	Fiber (g)	Protein (g)	Calcium (%)	Iron (%)	Vit-D (%)	Protein Source	Allergen Info
Chocolate Marshmallow	150	0.5	280	6	0	2	30	55	0	10	Milk	Soy Free
Orange Cream	150	0.5	280	5	0	2	30	55	0	10	Milk	Soy Free
French Vanilla	100	1	420	2	0	0	17	8	10	10	Soy	Lactose Free
Chocolate Fudge	100	1	450	4	0	2	17	8	10	10	Soy	Lactose Free
Strawberry Cream	100	1	420	2	0	0	17	8	10	10	Soy	Lactose Free
Rich Dark Chocolate	100	1	450	5	0	3	17	8	10	10	Soy	Lactose Free
Cold Brew Coffee*	100	1	420	3	0	0	17	8	10	10	Soy	Lactose Free
Chocolate	180	1	370	7	1	0	30	20	20	0	Whey	Contains Milk & Soy
Vanilla	170	1	300	5	1	0	30	20	20	0	Whey	Contains Milk & Soy
Strawberry	170	1	300	5	1	0	30	20	20	0	Whey	Contains Milk & Soy
Rich Dark Chocolate	300	1.5	370	19	2	3	42	80	30	50	Milk	Soy Free
Vanilla Cake	300	1	370	20	2	3	42	80	30	50	Milk	Soy Free
Berry Jacked	200	0.5	350	7	1	2	42	100	2	0	Milk	Soy Free
Chiseled Chocolate	210	0.5	350	8	1	4	42	100	2	0	Milk	Soy Free
Cinnamon Swole	200	0.5	350	7	1	2	42	100	2	0	Milk	Soy Free
Muscle Mocha*	300	1.5	430	19	1	4	42	70	40	50	Milk	Soy Free

*Cold Brew Coffee contains 100 mg caffeine

*Muscle Mocha contains 100 mg caffeine

*All products are gluten free



Kroger Slim Rite Alternative

Kroger Slim Rite Meal Replacement

Products	Cals	Sat. Fat (g)	Sodium (mg)	Carbs (g)	Sugar (g)	Fiber (g)	Protein (g)	Calcium	Iron	Vitamin D	Protein Source	Allergen Info
French Vanilla	180	0	210	23	19	4	10	40	15	35	Milk	Contains Soy
Chocolate Royale	190	1	250	25	19	5	10	40	15	30	Milk	Contains Soy
Strawberry	190	0	200	24	19	5	10	40	15	30	Milk	Contains Soy
Vanilla	180	1.5	180	6	1	5	20	40	35	40	Casein	Contains Milk & Soy
Milk Chocolate	180	1.5	220	6	1	5	20	40	15	40	Casein	Contains Milk & Soy

*All products are gluten free

MUSCLE MILK BRAND



Muscle Milk 100

Muscle Milk Protein Shake

Muscle Milk Pro Series

Muscle Milk Coffee House

Products	Cals	Sat Fat (g)	Sodium (mg)	Carbs (g)	Sugar (g)	Fiber (g)	Protein (g)	Calcium (%)	Iron (%)	Vit-D (%)	Protein Source	Allergen Info
Vanilla Crème	100	0.5	190	5	0	4	20	30	0	30	Milk	Lactose & Soy Free
Chocolate	100	0.5	290	4	0	2	20	30	2	30	Milk	Lactose & Soy Free
Vanilla Crème	160	0.5	250	7	0	5	25	35	0	35	Milk	Lactose & Soy Free
Chocolate	160	1	270	7	0	4	25	35	0	35	Milk	Lactose & Soy Free
Banana Cream	160	1	250	8	0	5	25	35	0	35	Milk	Lactose & Soy Free
Cookies Cream	160	1	250	8	0	5	25	35	0	35	Milk	Lactose & Soy Free
Strawberries 'n Crème	160	1	270	6	0	4	25	30	2	30	Milk	Lactose & Soy Free
Intense Vanilla	200	1	290	9	1	5	40	50	30	25	Milk	Lactose & Soy Free
Knockout Chocolate	200	1	290	10	1	5	40	50	30	25	Milk	Lactose & Soy Free
Go Bananas	200	1	290	8	1	5	40	50	30	25	Milk	Lactose & Soy Free
Cookies Cream	200	2	290	9	1	5	40	50	30	25	Milk	Lactose & Soy Free
Mocha Latte*	140	1	200	9	0	4	20	30	0	30	Milk	Lactose & Soy Free
Vanilla Latte*	130	1	200	6	0	4	20	30	0	30	Milk	Lactose &

*Muscle Milk Coffee House contains 120 mg caffeine

*All products are gluten free

Premier Protein

Energy for Every Day®



Products	Cals	Sat Fat (g)	Sodium (mg)	Carbs (g)	Sugar (g)	Fiber (g)	Protein (g)	Calcium (%)	Iron (%)	Vit-D (%)	Protein Source	Allergen Info
Vanilla	160	1	270	4	1	1	30	50	25	25	Milk	Soy Free
Chocolate	160	1	210	5	1	3	30	50	25	25	Milk	Soy Free
Cookie Delight	160	1	240	5	1	1	30	50	25	25	Milk	Soy Free
Caramel	160	1	360	5	1	2	30	50	25	25	Milk	Soy Free
Peaches Cream	160	1	240	4	1	1	30	50	25	25	Milk	Soy Free
Banana Cream	160	1	270	5	1	2	30	50	25	25	Milk	Soy Free
Strawberry Cream	160	1	250	5	1	2	30	50	25	25	Milk	Soy Free
Tropical Punch	90	0	160	1	0	0	20	0	0	0	Whey	Soy Free
Orange Mango	90	0	160	1	0	0	20	0	0	0	Whey	Soy Free
Raspberry	90	0	160	1	0	0	20	0	0	0	Whey	Soy Free

*All products are gluten free

SlimFast



Slim Fast Advantage Nutrition

Slim Fast Advanced Energy

Products	Cals	Sat. Fat (g)	Sodium (mg)	Carbs (g)	Sugar (g)	Fiber (g)	Protein (g)	Calcium (%)	Iron (%)	Vit-D (%)	Protein Source	Allergen Info
Vanilla Crème	180	1.5	170	6	1	5	20	40	15	40	Milk	Contains Soy
Creamy Chocolate	180	1.5	190	6	1	5	20	40	15	40	Milk	Contains Soy
Strawberry and Crème	180	1.5	170	6	1	5	20	40	15	40	Milk	Contains Soy
Mocha * Cappuccino	180	1.5	170	6	1	5	20	40	15	40	Milk	Contains Soy
Rich Chocolate *	180	1.5	210	6	1	5	20	50	15	35	Milk	Contains Soy
Vanilla *	180	1.5	180	6	1	5	20	50	15	35	Milk	Contains Soy

*All Slim Fast Advanced Energy contain 100 mg caffeine

*All products are gluten free

SPECIAL



Special K Protein

Products	Cals	Sat. Fat (g)	Sodium (mg)	Carbs (g)	Sugar (g)	Fiber (g)	Protein (g)	Calcium (%)	Iron (%)	Vit-D (%)	Protein Source	Allergen Info
French Vanilla	190	0.5	240	23	18	5	15	35	10	35	Milk	Contains Soy
Rich Chocolate	190	0.5	230	24	18	5	15	35	15	35	Milk	Contains Soy
Strawberry	180	0.5	240	23	18	5	15	35	10	35	Milk	Contains Soy
Chocolate Mocha	190	0.5	250	24	18	5	15	35	10	35	Milk	Contains Soy
Vanilla Cappuccino	190	0.5	250	24	18	5	15	35	10	35	Milk	Contains Soy
Vanilla Cappuccino	190	0.5	250	24	18	5	15	35	10	35	Milk	Contains Soy

*All products are gluten free

PROTEIN₂₀



N20 Protein Water

Products	Cals	Sat. Fat (g)	Sodium (mg)	Carbs (g)	Sugar (g)	Fiber (g)	Protein (g)	Calcium	Iron	Vitamin D	Protein Source	Allergen Info
Classic Lemonade	60	0	110	2	0	0	15	0	0	0	Whey	Lactose & Soy Free
Additional Core Flavors: Coconut, Mixed Berry, Wild Cherry, Harvest Grape												
Peach Mango	60	0	0	5	0	5	10	0	0	0	Whey	Lactose & Soy Free
Additional Flavor Blends: Kawaiola Coconut, Dragonfruit Blackberry, Acai Blueberry Pomegranate												

*All products are gluten free



True Source Protein Water

Products	Cals	Sat. Fat (g)	Sodium (mg)	Carbs (g)	Sugar (g)	Fiber (g)	Protein (g)	Calcium	Iron	Vitamin D	Protein Source	Allergen Info
Protein Water	80	0	20	1	0	0	20	0	0	0	Whey	Soy Free

*All products are gluten free

Allergen information is based on the nutrition facts label and ingredient list only. If you are concerned about cross contamination from production equipment, please contact the company.