

## Protein Powders

Select a product that meets the following nutritional criteria:

- ✓ **Whey protein is preferred**
- ✓ **Less than 200 calories per serving**
- ✓ **20-30 gm protein per serving**
- ✓ **Less than 5 gm sugar per serving**

\*Mix with 8 oz. water, skim or 1% milk, or unsweetened soy or almond milk\*

<b>Brand Name</b>	<b>Serving Size</b>	<b>Nutrition</b>	<b>Where to Buy</b>
<b>Bariatric Advantage HPMR</b> Lactose free (Sucralose) *Available unflavored	<b>2 scoops</b>	<b>150 calories</b> <b>27g protein</b> <b>1g sugar</b>	<b>BariatricAdvantage.com</b> or <b>Dr. Ahmad's office</b>
<b>Body Fortress</b> <b>Super Advanced Whey</b> Gluten free (Acesulfame potassium, sucralose)	<b>1 scoop</b>	<b>200 calories</b> <b>30g protein</b> <b>2g sugar</b>	<b>Walmart, CVS, Walgreens,</b> <b>Amazon</b>
<b>Isopure Zero Carb</b> Gluten and Lactose free (Sucralose) *Available unflavored	<b>1 scoop</b>	<b>110 calories</b> <b>25g protein</b> <b>0g sugar</b>	<b>GNC, Vitamin Shoppe,</b> <b>Amazon</b>
<b>Muscle Milk</b> <b>100% whey</b> (Acesulfame potassium, sucralose)	<b>1 scoop</b>	<b>130 calories</b> <b>25g protein</b> <b>2g sugar</b>	<b>Walmart, Amazon</b>
<b>ON Gold Standard</b> <b>100% Whey</b> Gluten free (Acesulfame potassium, sucralose)	<b>1 scoop</b>	<b>120 calories</b> <b>24g protein</b> <b>1g sugar</b>	<b>GNC, Costco, Amazon</b>
<b>Orgain Clean Whey</b> Gluten free, kosher (erythritol, stevia, monk fruit)	<b>2 scoops</b>	<b>140 calories</b> <b>21g protein</b> <b>2g sugar</b>	<b>Target, Walmart, Amazon</b>
<b>Premier Protein</b> <b>100% Whey Protein</b> Gluten free (Acesulfame potassium, sucralose)	<b>2 scoops</b>	<b>150 calories</b> <b>30g protein</b> <b>1g sugar</b>	<b>Target, Walmart, Costco,</b> <b>BJs, Stop &amp; Shop</b>
<b>Pure Protein</b> <b>100% Whey Protein</b> Gluten free (Acesulfame potassium, sucralose)	<b>1 scoop</b>	<b>160 calories</b> <b>25g protein</b> <b>2g sugar</b>	<b>Target, Walmart, BJ's,</b> <b>Costco, CVS, Vitamin</b> <b>Shoppe, Stop &amp; Shop</b>
<b>Tera's Whey</b> <b>Grass fed</b> Gluten and soy free, kosher (Stevia)	<b>2 scoops</b>	<b>110 calories</b> <b>20g protein</b> <b>2g sugar</b>	<b>Whole foods, Vitamin</b> <b>Shoppe, Amazon</b>

## Ready to Drink Shakes

Select a product that meets the following nutritional criteria:

- ✓ **Whey protein is preferred**
- ✓ **Less than 200 calories per serving**
- ✓ **20-30 gm protein per serving**
- ✓ **Less than 5 gm sugar per serving**

<b>Brand Name</b>	<b>Serving Size</b>	<b>Nutrition</b>	<b>Where To Buy</b>
<b>Ensure MAX</b> Gluten free, halal, kosher (Sucralose, acesulfame potassium)	<b>11 oz carton</b>	<b>150 calories</b> <b>30g protein</b> <b>1g sugar</b>	<b>Target, Walmart,</b> <b>Walgreen, CVS,</b> <b>ShopRite</b>
<b>Fairlife Nutrition Plan</b> (monk fruit, acesulfame potassium, sucralose, stevia)	<b>11.5 oz bottle</b>	<b>150 calories</b> <b>30g protein</b> <b>2g sugar</b>	<b>Walmart, BJ's, Sam's</b> <b>Club, Amazon</b>
<b>GNC Lean Shake</b> Gluten and lactose free (Acesulfame potassium, sucralose)	<b>14 oz bottle</b>	<b>170 calories</b> <b>25g protein</b> <b>2g sugar</b>	<b>GNC, Amazon</b>
<b>Orgain Clean Protein</b> Gluten and Soy free, kosher (Monk fruit, stevia)	<b>11 oz carton</b>	<b>130 calories</b> <b>20g protein</b> <b>3g sugar</b>	<b>Target, Vitamin Shoppe,</b> <b>Whole Foods</b>
<b>Pure Protein</b> Complete protein shake (Sucralose, acesulfame potassium)	<b>11 oz carton</b>	<b>140 calories</b> <b>30g protein</b> <b>1g sugar</b>	<b>Target, Walmart, BJ's,</b> <b>Costco, CVS, Vitamin</b> <b>Shoppe, Stop &amp; Shop,</b> <b>ShopRite</b>
<b>Premier Protein</b> Gluten and Soy free (Sucralose, acesulfame potassium)	<b>11 oz carton</b>	<b>160 calories</b> <b>30g protein</b> <b>1g sugar</b>	<b>Target, CVS, Costco,</b> <b>BJ's, Sam's Club</b>
<b>Quest Protein Shake</b> Gluten free (Sucralose)	<b>11 oz carton</b>	<b>160 calories</b> <b>30g protein</b> <b>1g sugar</b>	<b>Target, Walmart, Amazon</b>
<b>Isopure Zero Carb</b> Gluten and Lactose free (Sucralose)	<b>20 oz bottle</b>	<b>160 calories</b> <b>40g protein</b> <b>0g sugar</b>	<b>GNC, Vitamin Shoppe,</b> <b>Amazon</b>