

## Ready to Drink Protein Supplements

**Goal: 15 – 30 grams protein per serving & 5 grams or less of sugar per serving.**

**(Will note with an \* by the protein supplement name, if suitable for those lactose intolerant.)**

Protein Supplement	Serving Size	Protein (Grams)	Sugar (Grams)	Availability
*Optisource	8 oz.	24 grams	0 grams	<a href="http://www.nestlenutritionstore.com">www.nestlenutritionstore.com</a> or call 1-800-422-2752 <a href="http://www.amazon.com">www.amazon.com</a>
*Zero Carb Isopure Drink	8 oz/20 oz. bottle	15 grams /40 grams	0 grams	Local: Vitamin Shoppe <a href="http://www.vitaminshoppe.com">www.vitaminshoppe.com</a> <a href="http://www.MyBariatricPantry.com">www.MyBariatricPantry.com</a>
*Slim Fast Advanced Nutrition 20 Gram High Protein Shake	11 oz.	20 grams	1 grams	Select grocery stores and on-line sites
*Ensure High Protein Shake	8 oz.	16 grams	4 grams	<a href="http://www.abbottnutrition.com">www.abbottnutrition.com</a> for product locator on-line & in-store
*OhYeah!	14 oz.	32 grams	3 grams	Local: Vitamin Shoppe <a href="http://www.vitaminshoppe.com">www.vitaminshoppe.com</a> <a href="http://www.mybariatricpantry.com">www.mybariatricpantry.com</a>
*Premier Protein Shake	11 oz.	30 grams	1 gram	Local: Sam's Wholesale Club or Walmart <a href="http://www.walmart.com">www.walmart.com</a> Meijer Superstores
*EAS AdvantEDGE Carb Control	11 oz.	17 grams	0 grams	<a href="http://www.eas.com">www.eas.com</a> for product locator on-line & in-store
*EAS Complete Protein	11 oz.	20 grams	4 grams	<a href="http://www.eas.com">www.eas.com</a> for product locator on-line & in-store

*Boost Calorie Smart	8 oz.	16 grams	4 grams	<a href="http://www.boost.com">www.boost.com</a> for product locator on-line & in-store
*Carnation Breakfast Essentials Light Start	8 oz.	13	3 grams	<a href="http://www.carnationbreakfastessentials.com">www.carnationbreakfastessentials.com</a> for product locator or websites for purchasing Call 1-888-240-2713 to purchase by telephone
*GNC Total Lean Lean Shake 25 Gram Protein	14 oz.	25	2 gram	GNC in-store or on-line *Also available on-line from other retailers such as <a href="http://www.Amazon.com">www.Amazon.com</a>

**\*Purchasing options available for many products listed above from other on-line companies or retail stores.**