

Protein Shake and Protein Bar Recommendations

Protein Powders (can be mixed with skim milk or unflavored can be mixed in fluids and sprinkled in pureed foods)

- Non-fat Dry Powdered Milk
- Unjury- 20 g in 1 scoop (only available online)- www.unjury.com
- Zero CARB ISOPURE- 25 g per serving (Vitamin Shoppe, GNC, Walgreens in St. Francis Hospital)
- ProComplete 40- 20 g in 1 scoop (GNC)
- GNC Properformance Whey Isolate 28- 28 g in 1 scoop (GNC)
- GNC Properformance 100% Whey Protein- 20 g in 1 scoop (GNC)
- Beneprotein- 6 g per scoop
- Bariatric Advantage- 27 g in 1 packet- www.bariatricadvantage.com
- Body Fortress whey protein- 26 g in 1 scoop (Walmart)

Protein shakes (Pre-made)

- Slim-fast **low carb** diet- 20 g in 8 oz can
- Slim-fast **high protein** diet- 15 g in 8 oz can
- Glucerna- 10 g in 8 oz bottle
- Boost **Glucose Control**- 16 g in 8 oz bottle
- Boost **Calorie Smart**- 16 g in 8 oz bottle
- Advantedge (EAS)
- Atkins Advantage- 15-18 g
- MetRx Lite- 25 g in 1 packet
- Optisource- 24 g in 1 serving
- Bariatric Advantage- 27 g in 1 bottle- www.bariatricadvantage.com
- Labrada Lean Body to Go- 25 g in 14 oz bottle (Vitamin Shoppe)

Liquid Protein

- Skim Milk or Lactose-free Skim Milk or Light Soy Milk
- Provide Gold- 15 g in 1 oz (no need to mix) sugar-free cherry or berry (Walgreens in St. Francis Hospital)
- Isopure- 40 g in 20 oz bottle (no need to mix) (Vitamin Shoppe or GNC)
- Pro-stat 64- 15 g per serving (need to mix with fluid)
- Whey liquid protein bullet- 42 g in 3.1 oz vial (no need to mix) (Vitamin Shoppe)
- Whey liquid protein bullet -25 g in 2.9 oz vial (no need to mix) (Vitamin Shoppe)
- Juven- 14 g in 1 packet (need to mix with fluid) (Rite-Aid, Walgreens)
- Cytomax- 40 g in 20 oz bottle (no need to mix) (Vitamin Shoppe)
- Designer Protein Blitz- 30 g in 20 oz bottle (no need to mix) (Vitamin Shoppe)

Protein bars (not allowed on pureed phase)

- Pure Protein-20 g
- Zone Perfect- 16 g
- Atkins Advantage- 12-17 g
- EAS Myoplex Lite- 15 g
- Glucerna- 10 g
- Slim-Fast high protein- 15 g
- Balance- 15 g
- GeniSoy- 14 g

Many can be purchased at drug and grocery stores (ie. Walgreens, Target, Walmart, CVS, Kroger) and nutrition supplement stores (ie. Vitamin Shoppe and GNC)

Protein Shake/Bar Guidelines: 220 CALORIES or less, less than 10g of FAT, at least 15g of PROTEIN