

PROTEIN SHAKES

(ORDERED BY BRAND)



Criteria for Selecting Protein Shakes:

Less than 2 grams saturated fat and no more than 3X carb to protein



Product Name	Calories	Sat. Fat (g)	Sodium (mg)	Carbs (g)	Sugar (g)	Fiber (g)	Protein (g)	Calcium (% DV)	Iron (% DV)	Vitamin D (% DV)	Protein Source	Allergen Info
Classic Chocolate Banana Shake	160	1.5	210	7	2	3	15	15	15	20	Milk and soy	Contains lactose
Classic Creamy Vanilla Shake	160	1.5	240	4	1	3	15	30	8	20	Milk and soy	Contains lactose
Iced Coffee-Black Tea Honey Latté Protein Shake	170	1.5	220	5	1	3	15	30	6	20	Milk and soy	Trace lactose
Iced Coffee-Mocha Latte Shake	170	1.5	250	7	1	3	15	30	15	20	Milk and soy	Trace lactose
Iced Coffee - Vanilla Latte Shake	170	1.5	230	7	1	3	15	30	8	20	Milk and soy	Trace lactose
Plus Chocolate	190	1	190	9	1	7	30	60	10	20	Milk and soy	Trace lactose
Plus Creamy Vanilla	190	1	190	9	1	7	30	60	15	20	Milk and soy	Trace lactose
Strong Protein Shake - Chocolate Peanut Butter	190	1	260	9	1	7	30	50	10	20	Milk and soy	Trace lactose
Strong Protein Shake - Vanilla	190	1	200	8	1	7	30	60	2	20	Milk and soy	Trace lactose
Strong Protein Shake - Milk Chocolate	190	1	190	9	1	7	30	60	15	20	Milk and soy	Trace lactose

Criteria for Allergen Info:

Milk protein isolate contains trace amounts of lactose

Milk protein concentrate contains some lactose (less than milk)

*Company information claims suitable for lactose intolerance



Product Name	Calories	Sat. Fat (g)	Sodium (mg)	Carbs (g)	Sugar (g)	Fiber (g)	Protein (g)	Calcium (% DV)	Iron (% DV)	Vitamin D (% DV)	Protein Source	Allergen Info
Original: Very Vanilla*	240	1	150	37	15	0	10	25	25	30	Milk and soy	Contains lactose*
Original: Rich Chocolate*	240	1	150	37	15	0	10	25	25	30	Milk and soy	Contains lactose*
Original: Creamy Strawberry*	240	1	150	37	15	0	10	25	25	30	Milk and soy	Contains lactose*
High Protein: Very Vanilla*	250	1	220	28	11	0	20	30	25	60	Milk and soy	Contains lactose*
High Protein: Rich Chocolate*	250	1	220	28	11	0	20	30	25	60	Milk and soy	Contains lactose*
High Protein: Creamy Strawberry*	250	1	220	28	11	0	20	30	25	60	Milk and soy	Contains lactose*
Glucose Control: Very Vanilla*	190	1	200	16	4	3	16	25	25	60	Milk and soy	Contains lactose*
Glucose Control: Rich Chocolate*	190	1	200	16	4	3	16	25	25	60	Milk and soy	Contains lactose*
Glucose Control: Creamy Strawberry*	190	1	200	16	4	3	16	25	25	60	Milk and soy	Contains lactose*
Calorie Smart: Very Vanilla*	180	1	200	16	4	3	15	35	25	60	Milk and soy	Contains lactose*
Calorie Smart: Rich Chocolate*	180	1	220	16	4	3	15	35	25	60	Milk and soy	Contains lactose*
Women-Very Vanilla Shake*	180	1	210	14	4	0	15	25	25	60	Milk and soy	Contains lactose*
Women-Rich Chocolate Shake*	180	1	210	14	4	0	15	25	25	60	Milk and soy	Contains lactose*
Max Shake- Very Vanilla*	160	1	280	6	1	0	30	45	20	10	Milk and soy	Contains lactose*
Max Shake- Chocolate*	160	1	280	6	1	0	30	45	20	10	Milk and soy	Contains lactose*

All products are gluten free

*Manufacturer claims suitable for lactose intolerance



Product Name	Calories	Sat. Fat (g)	Sodium (mg)	Carbs (g)	Sugar (g)	Fiber (g)	Protein (g)	Calcium (% DV)	Iron (% DV)	Vitamin D (% DV)	Protein Source	Allergen Info
Strawberry Protein Shake	230	2	250	8	7	0	42	80	8	50	Milk	Lactose and soy free
Chocolate Protein Shake	230	2	260	9	7	2	42	70	8	50	Milk	Lactose and soy free
Vanilla Protein Shake	230	2	250	8	8	0	42	70	8	50	Milk	Lactose and soy free

*contains ultra filtered milk and lactase enzyme

Ensure

**FORK
FRIENDLY**



Product Name	Calories	Sat. Fat (g)	Sodium (mg)	Carbs (g)	Sugar (g)	Fiber (g)	Protein (g)	Calcium (% DV)	Iron (% DV)	Vitamin D (% DV)	Protein Source	Allergen Info
High Protein Nutrition Shake Vanilla*	160	0.5	210	19	4	0	16	25	25	60	Milk and soy	Trace lactose*
High Protein Nutrition Shake Strawberry*	160	0.5	210	19	4	1	16	25	25	60	Milk and soy	Trace lactose*
High Protein Nutrition Shake Chocolate*	160	0.5	210	19	4	1	16	25	25	60	Milk and soy	Trace lactose*
Enlive Nutrition Shake Vanilla*	350	1.5	240	44	20	3	20	50	25	120	Milk and soy	Trace lactose*
Enlive Nutrition Shake Chocolate*	350	1.5	240	44	20	3	20	50	25	120	Milk and soy	Trace lactose*
Enlive Nutrition Shake Strawberry*	350	1.5	240	44	20	3	20	50	25	120	Milk and soy	Trace lactose*
Light Nutrition Shake Chocolate*	70	1	310	2	0	1	12	10	35	15	Milk and soy	Trace lactose*
Active High Protein Vanilla	160	0.5	130	19	4	1	16	30	40	25	Milk and soy	Trace lactose*
Active High Protein Chocolate	160	0.5	180	19	4	1	16	30	40	25	Milk and soy	Trace lactose*
Plant Based Protein-vanilla	180	1	300	13	7	5	20	30	40	50	Fava bean and pea	Lactose and soy free
Plant Based Protein-chocolate	180	1	300	14	7	5	20	30	40	50	Fava bean and pea	Lactose and soy free
Complete-Strawberry	350	1.5	230	42	15	4	30	40	25	50	Milk and soy	Trace lactose*
Complete-Vanilla	350	1.5	230	42	15	4	30	40	25	50	Milk and soy	Trace lactose*
Complete-Milk Chocolate	350	1.5	230	42	15	4	30	40	25	50	Milk and soy	Trace lactose*
Max Protein Cafe Mocha (contains 100 mg caffeine)*	150	0.5	240	8	1	4	30	50	15	60	Milk and soy	Trace lactose*
Max Protein Milk Chocolate*	150	0.5	250	7	1	4	30	50	15	60	Milk and soy	Trace lactose*
Max Protein Vanilla*	150	0.5	230	6	1	4	30	50	15	60	Milk and soy	Trace lactose*

All products are gluten free

*Manufacturer claims suitable for lactose intolerance

Product Name	Calories	Sat. Fat (g)	Sodium (mg)	Carbs (g)	Sugar (g)	Fiber (g)	Protein (g)	Calcium (% DV)	Iron (% DV)	Vitamin D (% DV)	Protein Source	Allergen Info
Double Vanilla Plant Based Protein Shake	140	0	220	15	4	10	20	20	25	0	Peas	Lactose free May contain soy*
Cafe Mocha Plant Based Protein Shake	140	0.5	210	14	4	10	20	20	25	0	Peas	Lactose free May contain soy*
Double Chocolate Plant Based Protein Shake	150	0.5	320	16	4	10	20	20	25	0	Peas	Lactose free May contain soy*

All products are gluten free

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Original Shake: Homemade Vanilla	180	1	210	16	4	3	10	25	25	80	Milk	Contains lactose and soy*
Original Shake Rich Chocolate	180	1	210	16	4	3	10	25	25	80	Milk	Contains lactose and soy*
Original Shake Creamy Strawberry	180	1	210	16	4	3	10	25	25	80	Milk	Contains lactose and soy*
Original shake: Classic Butter Pecan	180	1	210	16	4	3	10	25	25	80	Milk	Contains lactose and soy*
Hunger Smart Shake: Chocolate	180	1	300	14	6	3	15	30	25	40	Milk	Contains lactose and soy*
Glucerna Protein Shake Chocolate, Vanilla	150	0.5	260	7	3	4	30	50	25	70	Milk	Contains lactose and soy*
Snack Shake: Homemade Vanilla	140	0.5	180	19	6	3	7	15	15	15	Milk	Contains lactose and soy*
Snack Shake: Rich Chocolate	140	0.5	230	19	6	3	7	15	15	15	Milk	Contains lactose and soy*

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Product Name	Calories	Sat. Fat (g)	Sodium (mg)	Carbs (g)	Sugar (g)	Fiber (g)	Protein (g)	Calcium (% DV)	Iron (% DV)	Vitamin D (% DV)	Protein Source	Allergen Info
HEB: Protein Nutrition Shake Chocolate	160	1	280	5	1	3	30	650	4.5	5	Milk	Trace lactose, contains soy
HEB: Protein Nutrition Shake Vanilla	170	1	290	4	1	1	30	650	4.5	5	Milk	Trace lactose, contains soy
HEB: Protein Nutrition Shake Dulce De Leche	170	1	220	5	1	0	30	650	4.5	5	Milk	Trace lactose, contains soy
HEB Opti-Meal Shake Vanilla	180	0	210	23	19	4	10	530	3	7	Milk	Trace lactose, contains soy
HEB Opti-Meal Shake Double Chocolate	190	1	250	25	19	5	10	510	3	6	Milk	Trace lactose, contains soy
HEB Opti-Meal Shake Strawberry	190	0	200	24	19	5	10	510	3	6	Milk	Trace lactose, Contains soy



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iconic protein shake Cacao + Greens	140	0.5	70	8	0	4	20	40	4	0	Milk	Trace lactose* Soy Free
iconic protein shake vanilla bean	140	0	100	8	0	4	20	40	0	0	Milk	Trace lactose* Soy Free
iconic protein shake Caffe latte	140	0	100	8	0	4	20	40	0	0	Milk	Trace lactose* Soy free
iconic protein shake chocolate truffle	140	0.5	130	8	0	4	20	40	6	0	Milk	Trace lactose* Soy free

MUSCLE MILK[®] BRAND



Product Name	Calories	Sat. Fat (g)	Sodium (mg)	Carbs (g)	Sugar (g)	Fiber (g)	Protein (g)	Calcium (% DV)	Iron (% DV)	Vitamin D (% DV)	Protein Source	Allergen Info
Genuine Protein Nutrition Shake: Vanilla Crème*	160	1	210	8	0	6	25	25	0	40	Milk	Trace lactose and soy free
Genuine Protein Nutrition Shake: Chocolate*	170	1	260	11	0	6	25	25	0	40	Milk	Trace lactose and soy free
Genuine Protein Nutrition Shake: Strawberries 'n Crème*	160	1	210	9	0	6	25	25	0	40	Milk	Trace lactose and soy free
Pro Seires Intense Vanilla*	210	0	230	10	1	6	40	50	25	45	Milk	Trace lactose and soy free
Pro Seires Knockout Chocolate*	220	0.5	230	12	1	6	40	50	25	45	Milk	Trace lactose and soy free
Zero Protein Shake: Vanilla Creme	100	0	170	7	0	4	20	20	1.1	35	Milk	Trace lactose and soy free
Zero Protein Shake: Strawberry	100	0	170	7	0	4	20	20	0.1	35	Milk	Trace lactose and soy free
Plant Protein Shake: Caramel Vanilla	210	1	410	6	4	<1	30	210	4.5	0	Pea protein	Lactose and soy free*
Plant Protein Shake: Chocolate	220	1	410	9	5	2	30	210	4.5	0	Pea protein	Lactose and soy free*

All products are gluten free

ONLY WHAT YOU NEED
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Product Name	Calories	Sat. Fat (g)	Sodium (mg)	Carbs (g)	Sugar (g)	Fiber (g)	Protein (g)	Calcium (% DV)	Iron (% DV)	Vitamin D (% DV)	Protein Source	Allergen Info
Plant Based Protein Cookies and Creamless*	180	1	270	8	4	3	20	3	20	0	Pea protein	Lactose and soy free
Plant Based Protein Cold Brew Coffee*	180	1	270	8	4	3	20	3	20	0	Pea protein	Lactose and soy free
Plant Based Protein Strawberry Banana *	180	1	270	8	4	3	20	3	20	0	Pea protein	Lactose and soy free
Plant Based Protein Smooth Vanilla*	170	1	205	8	4	5	20	2	19	0	Pea protein	Lactose and soy free
Plant Based Protein Dark Chocolate*	170	1	250	9	4	5	20	24	28	0	Pea protein	Lactose and soy free

All products are gluten free



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Premier Protein: Cake Batter Delight	160	0.5	370	4	1	1	30	650	2.5	30	Milk and soy	Contains lactose
Premier Protein: Strawberries & Cream*	160	0.5	230	4	1	1	30	650	1.8	30	Milk and soy	Contains lactose
Premier Protein: Cookies & Cream*	160	0.5	220	4	1	1	30	650	1.8	30	Milk and soy	Contains lactose
Premier Protein: Vanilla*	160	1	270	4	1	1	30	50	25	25	Milk and soy	Contains lactose
Premier Protein: Chocolate*	160	1	210	5	1	3	30	50	25	25	Milk and soy	Contains lactose

All products are gluten free

**PURE
PROTEIN®**



**FORK
FRIENDLY®**

Product Name	Calories	Sat. Fat (g)	Sodium (mg)	Carbs (g)	Sugar (g)	Fiber (g)	Protein (g)	Calcium (% DV)	Iron (% DV)	Vitamin D (% DV)	Protein Source	Allergen Info
Protein Strawberry Milkshake*	140	0	250	5	<1	4	30	50	15	10	Milk	Contains lactose and soy
Protein Rich Vanilla Milkshake*	140	0.5	250	6	<1	4	30	50	15	10	Milk	Contains lactose and soy
Protein Rich Chocolate *	140	0.5	240	6	<1	4	30	50	25	10	Milk	Contains lactose and soy

ripple®



Product Name	Calories	Sat. Fat (g)	Sodium (mg)	Carbs (g)	Sugar (g)	Fiber (g)	Protein (g)	Calcium (% DV)	Iron (% DV)	Vitamin D (% DV)	Protein Source	Allergen Info
Coffee Plat Based Protein Shake	210	1	250	12	9	1	20	40	25	0	Pea protein	Lactose and soy free*
Vanilla Plat Based Protein Shake*	200	1	250	10	9	<1	20	40	25	0	Pea protein	Lactose and soy free*
Chocolate Plat Based Protein Shake*	210	1	340	13	9	2	20	35	30	0	Pea protein	Lactose and soy free*

All products are gluten free



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Ultra Filtered Milk Shake- Chocolate	150	1.5	250	3	1	1	30	60	10	25	Skim milk	Lactose and soy free*
Ultra Filtered Milk Shake- Vanilla	150	1.5	180	2	1	0	30	60	2	25	Skim milk	Lactose and soy free*

*Ultrafiltered milk and lactase enzymes



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Special K Protein: French Vanilla*	190	0.5	240	24	18	5	15	35	10	35	Milk and soy	Contains lactose
Special K Protein: Rich Chocolate*	190	0.5	230	24	18	5	15	35	15	35	Milk and soy	Contains lactose
Special K Protein: Strawberry*	190	0.5	240	23	18	5	15	35	10	35	Milk and soy	Contains lactose
Special K Protein: Chocolate Mocha	190	0.5	250	25	19	5	15	35	15	20	Milk and soy	Contains lactose
Special K Protein: Vanilla Cappuchino*	190	0.5	250	23	17	5	15	25	15	20	Milk and soy	Contains lactose

All products are gluten free

PROTEIN20



Product Name	Calories	Sat. Fat (g)	Sodium (mg)	Carbs (g)	Sugar (g)	Fiber (g)	Protein (g)	Calcium (% DV)	Iron (% DV)	Vitamin D (% DV)	Protein Source	Allergen Info
Dragonfruit Blackberry	70	0	220	8	0	0	15	0	0	0	Whey	Trace lactose and soy free*
Peach Mango	70	0	220	8	1	0	15	0	0	0	Whey	Trace lactose and soy free*
Wild Cherry	70	0	220	6	0	0	15	0	0	0	Whey	Trace lactose and soy free*
Harvest Grape	70	0	220	7	0	0	15	0	0	0	Whey	Trace lactose and soy free*
Strawberry Watermelon	90	0	220	7	0	0	20	0	0	0	Whey	Trace lactose and soy free*

All products are gluten free

VITAL PROTEINS



Product Name	Calories	Sat. Fat (g)	Sodium (mg)	Carbs (g)	Sugar (g)	Fiber (g)	Protein (g)	Calcium (% DV)	Iron (% DV)	Vitamin D (% DV)	Protein Source	Allergen Info
Collagen Water-blackberry hibiscus	60	0	30	4	3	0	10	2	0	0	Collagen	Lactose and soy free
Collagen Water-Peach White Tea	60	0	30	4	3	0	10	2	0	0	Collagen	Lactose and soy free
Collagen Water-Lemon Slice	50	0	30	4	3	0	10	2	0	0	Bovine	Lactose and soy free
Collagen Water-Strawberry Lemon	60	0	30	4	3	0	10	2	0	0	Bovine	Lactose and soy free

All products are gluten free

Important Note:

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.