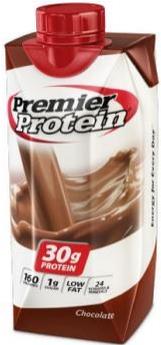


Ready To Drink Liquid Meal Replacements

Premier Protein



160 Calories
30 gr Protein

Fairlife



150 Calories
30 gr Protein

Equate High Performance
(Walmart)



160 Calories
30 gr Protein

Ensure MAX



150 Calories
30 gr Protein

GNC Lean Shake 25



170 Calories
25 gr Protein

Pure Protein



140 Calories
30 gr Protein

Quest



160 Calories
30 gr Protein

Slim Fast
High protein



180 Calories
20 gr Protein

Muscle Milk
ProSeries



170-200 Calories
32-40 gr Protein

Muscle Milk
Light



100 Calories
20 gr Protein

Muscle Milk Genuine
Zero Sugar



160 Calories
25 gr Protein

Orgain Clean
Protein



140 Calories
20 gr Protein

If you choose a product not on this list, make sure your shake meets these rules:

Less than 200 Calories (including milk, if used)

At least 20gr Protein (including milk, if used)

Less than 5gr Sugar

The following products are an alternative for those who are looking for a clear protein drink. Please note that the calorie content is too low to be considered a meal. They can be used as a snack (between meals) or in combination with a food item, such as 1 serving of fruit.

Premier Clear



90 Calories
20 gr Protein

Protein 20



70 Calories
15 gr Protein

Please call the office with any questions - Jeanes Hospital: (215) 722-3258 Temple Hospital (215) 707-3471