

Each product listed is of high quality and can be used for your  
**Getting enough protein VLED eating plan** or after surgery.

All products contain 20 g (or more) of protein per serve and a moderate amount of carbohydrate.

Product	Content per serve					Contains*
	Protein (g)	Carb (g)	Energy (kJ)	Lactose (g)	Fibre (g)	
Arbonne Essentials protein shake (choc, vanilla)	20	23	882	0**	6	no dairy
KicStart shakes coffee, banana, choc, strawberry, caramel, vanilla	20	20	885	2*** 3 4	4	soy
KicStart soups beef chicken pea & ham pumpkin & Herb tomato	22 21 20 20 20	16 18 23 20 19	852 849 864 885 860	0** 10 0** 1*** 1***	4 4 4 4 5	gluten & soy
Optifast bars berry cappuccino cereal chocolate	21 21 19 19 19	20 21 22 23 23	950 970 880 980 980	1*** 1*** <1*** 1***	6 4 6 7	gluten
Optifast desserts (choc, lemon)	20	18	840	8	4	fish oil
Optifast shakes (banana, caramel, chai, choc, mocha, straw, vanilla)	20	18	840	10	4	fish oil
Optifast soups chicken tomato vegetable	20 20 20 20	18 18 18 18	840 840 840 840	10 8 7	4 4 4	fish oil
Higher protein VLED products Best choice for those with higher daily protein targets (90 g or more per day)						
Formulite meal replacement shakes (banana, choc hazelnut, coffee, honeycomb, vanilla)	36	11	891	2***	4	nuts
Lady Shake (banana, caramel, choc mint, coffee, strawberry, vanilla)	28	16	853	2***	6	no gluten
Lean Shake Plus high protein meal replacement (choc, straw, vanilla)	28	20	905	? 5-10	0	gluten
Man Shake (banana, caramel, choc mint, coffee, strawberry, vanilla)	30	11	870	2***	8	no gluten
Optifast Protein Plus (choc, vanilla)	28	20	1050	<1 ***	4	fish oil

For simplicity all amounts have been rounded to the closest whole number

\* If you have a food allergy or intolerance always check the label for allergy alerts as ingredients can change without notice

\*\* lactose free \*\*\*low in lactose

Disclaimer: In the absence of robust science recommendations are based on best available evidence and expert opinion.

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