

PROTEIN SUPPLEMENT GUIDELINES (approximately 8 oz. serving per serving)

- **16-28 grams of protein**

** Less than **5 grams of sugar** & ** Less than **5 grams of fat**

Mixing Protein powders with 1 cup low-fat dairy, lactaid milk or soy milk will add additional 8 grams of protein.

Can mix protein shake with water or unsweetened nut milk however this does not add additional protein.

SUGGESTIONS AND EXAMPLES

Examples of Protein	Protein Grams	Availability
Ready Made Supplements		
ENSURE HIGH PROTEIN or ENSURE MAX (11oz)	16 30	Target, Highland Pharmacy
ENSURE PLANT BASED (11oz) Fiber 5 grams	20	Amazon, CVS
GENUINE MUSCLE MILK (carton 11oz)	25	RiteAid, Walmart, Internet
BOOST GLUCOSE CONTROL Fiber 3 grams	16	Grocery Stores, Pharmacy
VEGA PROTEIN NUTRITIONAL SUPPLEMENT (11 oz) Plant based, dairy free, Fiber 4 grams	20	Wegmans, Target Internet
PREMIER PROTEIN (11oz)	30	Costco, BJ's, Walmart, Internet
OWYN (12 oz. bottle) Plant based, dairy free, free of nuts, shellfish ,nuts, soy, egg - Fiber 4 grams	20	Wegmans, Walgreens Vitamin Shoppe
FAIRLIFE NUTRITION PLAN (11oz)	30	BJ's, Internet
Protein Powders/ Non Lactose-Free		
GENEPRO 1 scoop = about 1 tablespoon	30	GNC, Internet
GNC AMP WHEYBOLIC 1 scoop = 20 grams protein	20	GNC
BOBS RED MILL WHEY PROTEIN	15	Wegmans, Tops Big Lots, Walmart
BODY FORTRESS Whey powder	26	Walmart
ORGAIN WHEY PROTEIN POWDER Organic, clean protein, Fiber 4 grams	20	BJ's, Wegmans Internet

Examples of Protein Supplement	Protein Grams	Availability
Protein Powders / 98% Lactose-Free		
UNJURY	20	Highland Hospital Pharmacy
SYNTRAX Nectar Whey Protein Isolate	23	Vitamin Shoppe Internet
RESERVAGE Whey powder grass fed cows, no hormones, No artificial flavors or sweeteners, soy-free, GMOs free	21	Lori's Natural Foods Internet
JAY ROBB Whey powder grass fed cows, no hormones, no artificial flavors or sweeteners, soy-free	24	Lori's Natural Foods Vitamin Shoppe GNC
JAY ROBB Egg White Protein No artificial flavors or sweeteners, lactose and soy-free	23	Lori's Natural Foods Vitamin Shoppe GNC Internet
Vegetable Based Protein Powders- non-dairy-non whey		
SUN WORRIOR Plant base, dairy & soy-free, No artificial flavors or sweeteners, GMO-free Fiber 2 grams	24	Lori's Natural Foods Vitamin Shoppe Internet
GARDEN OF LIFE lactose and soy-free, GMOs-free No artificial flavors or sweetener Fiber 3 grams	20	Vitamin Shoppe Internet Lori's Natural Foods Some Wegmans locations
ORGAIN ORGANIC PROTEIN Plant based dairy, lactose, soy, gluten free (2 scoops) Fiber 6 grams	21	Rite Aid, Walmart, Target, Internet
BOB'S RED MILL PLANT PROTEIN NUTRITION BOOSTER Fiber 12 grams	20	Wegmans, Tops Big Lots, Walmart Internet
Clear Liquid Protein Drinks		
ISOPURE, 20 oz. bottle 40 grams protein per bottle clear liquid supplement	10 oz. = 20 grams protein	Vitamin Shoppe Internet
NEW WHEY, 3.8 oz. bottle 40 grams per bottle clear liquid supplement	1.9 oz. = 20 grams protein	Vitamin Shoppe Internet

Protein supplements are not covered by insurance. You need to purchase them.