

Protein Shake Shopping Guide









Shopping Tips:

- For the best deals, search online stores or try shopper/membership cards for discounts.
- Try lots of different shakes - get a variety!
- Each protein shake should have:
 - at least 15 grams of protein
 - 100-200 calories
 - less than 20 grams of sugar
- This includes the liquid you use to mix your protein powder (e.g. 8 oz milk has 12 grams sugar).
- Be aware that many “mocha”, “latte”, or coffee flavored shakes may contain caffeine which should be avoided until stage 4 diet.

Contain Lactose				
Name of Product	Picture	Grams Protein per Serving	Price and Servings	Where to Buy
Premier Protein* (Ready-to-Drink)		30g/ carton	\$7.99/ 4 pack	BJs, Costco, Hannaford, Walgreens, CVS, Walmart, Target, Amazon
Premier Protein* (Powder)		30g/ 2 scoops	\$19.99/ 1.5 pound powder (17 servings)	BJs, Costco, Hannaford, Walgreens, CVS, Walmart, Target, Amazon
Pure Protein (Ready-to Drink)		30g / 11oz carton	\$6.99/ 4 pack	Walmart, Vitamin Shoppe, CVS, Target, Amazon
Pure Protein* (Powder)		25g/ scoop	\$15.46 / 1.75 pound powder (19 servings)	Walmart, Vitamin Shoppe, CVS, Target, Amazon
BOOST Max* (not regular BOOST)		30g/ 11 oz bottle	\$8.99/ 4 pack	Amazon, Walmart, CVS, Walgreens, Target

* Certified Gluten Free- Please note, “cookies and cream” flavor protein shakes are not gluten free.

Contain Lactose

Name of Product	Picture	Grams Protein per Serving	Price and Servings	Where to Buy
Atkins Shake* (Ready-To-Drink)		15g/ 11oz bottle	\$5.99/ 4 pack	Walmart, Target most grocery stores
Atkins Shake PLUS (Ready-To-Drink)		30g/ 11oz bottle	\$6.99/ 4 pack	Walmart, Target, most grocery stores
Syntrax Matrix (Powder)		23g/ scoop	\$39.95/ 2lb powder (30 servings)	Amazon or www.si03.com
Optimum Nutrition Gold Standard 100% Whey (Powder)		24g/ scoop	\$30.99/ 2lb powder (29 servings)	GNC, Vitamin Shoppe, Amazon
Designer Whey* (Powder)		20g/ scoop	\$25.99/ 2lb powder (32 servings)	Vitamin Shoppe, Target, Walmart, Trader Joes Designerwhey.com
Equate High Performance Protein Shake (Ready-To-Drink)		30g/ 11oz bottle	\$5.97/ 4 bottles	Walmart
Quest* (Ready-To-Drink)		30g/ 11oz bottle	\$27.99/ box of 12	Walmart, Target, GNC, Vitamin Shoppe, Amazon
Quest* (Powder)		22g/ 1 scoop	\$29.99/ 1.6lb tub (24 servings)	Walmart, Target, GNC, Vitamin Shoppe, Amazon

Updated: 2/2021

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Lactose-Free

Name of Product	Picture	Grams Protein per Serving	Price and Servings	Where to Buy
Unjury (Powder & Ready-To-Drink)		20g/ scoop or drink	\$22.95/ 17 servings \$1.95/ ready-to-drink	www.unjury.com or By Phone 1-800-517-5111
Glucerna Hunger Smart* (not regular Glucerna)		15g/ 11.5oz bottle	\$9.99/ 4 pack	CVS, Target, Walmart, Walgreens
Muscle Milk 100% Whey* (Powder)		25g/ scoop	\$42.33/ 5 pound bag- 66 servings	Vitamin Shoppe, Walmart, GNC, Costco
Muscle Milk Genuine or Pro Series (ready-to-drink)		25-32g/ 11oz carton	\$6.99/ 4 pack	Vitamin Shoppe, Walmart, GNC, Costco
Isopure Zero Carb* (Powder)		25g/ 1 scoop	\$44.99/ 3lb powder (42 servings)	Vitamin Shoppe, GNC, Amazon
Bariatric Fusion* (Powder)		27g/ scoop	\$39.99 / 2 lb powder (21 servings) \$3.00/ single serve packet	www.bariatricfusion.com
Celebrate Meal Replacement* and Rebuild (Powders)		20-27g/ 2 scoops	\$24.95 - \$28.95 15 servings	www.celebratevitamins.com or By Phone 877-424-1953
GNC Lean Shake 25* (Ready-To-Drink)		25g/ 14 oz bottle	\$9.99/ 4 bottles	GNC

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Lactose-Free

Name of Product	Picture	Grams Protein per Serving	Price and Servings	Where to Buy
BiPro* Bold/Elite/Renew (Powder)		20-23g/ scoop	\$39.99 for 2 lb bag (40 servings)	www.biprousa.com Amazon
BOOST Glucose Control* or Glucose Control High Protein* (not original or High Protein BOOST)		16-22g/ 8oz bottle	\$11.49/ 6 bottles	CVS, Shaws, Stop and Shop, Target, Walmart, Walgreens
Bariatric Advantage High Protein Meal Replacement* (Powder)		27g/ scoop, bottle, or packet	\$54.95/ 28 serving bag \$2.75/ 1- single serve packet	www.bariatricadvantage.com <i>Use code "BWHC" on main page for 15% off</i>
Slim Fast Advanced Nutrition* (ready to drink only)		20g/ bottle	\$6.58/ 4 bottles	Amazon, Walmart, Target
Ensure High Protein* (Ready-to-Drink)		16g/8 oz bottle	\$10.49/ 6 bottles	CVS, Walgreens, Grocery Stores, Walmart, Dollar General, Amazon
Ensure Max* (Ready-to-Drink)		30g/11.2 oz carton	\$8.99/4 bottles	Target, Walmart, Amazon, CVS, Walgreens <i>Coupons Available for \$3 off</i>
Fairlife Nutritional Plan* Or Core Power* (Ready-To-Drink)		26-30g/11.5 oz bottle	\$32.75/12 ct	Target, Walmart, Star Market, Amazon, most stores
Orgain Clean Protein* or Nutritional Shake* <i>Not the all-in-one shake</i>		20-26g/ 11-14oz bottle	\$8.29/ 4 pack	Amazon, grocery stores, www.Orgain.com

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Clear Shakes, Unflavored Powders, & Soups Lactose-Free

Name of Product	Picture	Grams Protein per Serving	Price and Servings	Where to Buy
Premier Protein Clear* (Ready-To-Drink)		20g/ 16.9 oz bottle	\$2.69 each	Walmart, Target, Amazon
Isopure Zero Carb Clear* (Ready-to-Drink)		40g/ 20oz bottle	\$44.89/ case of 12	Vitamin Shoppe, GNC, Amazon
Isopure Infusions * (Powder) Juice Flavors		20g / 1 scoop	\$24.99/ 16 servings	Vitamin Shoppe, GNC, Amazon
Isopure Zero Carb Unflavored* (Powder)		25g/ 1 scoop	\$44.99/ 3lb powder (42 servings)	Vitamin Shoppe, GNC, Amazon
Syntrex Nectar* (Powder) Juice Flavors		23g/ 1 full scoop	\$39.99/ 2lb powder (32 servings)	Amazon www.sio03.com
Unjury Unflavored (Powder)		21g / scoop or packet	\$20.95/15 servings or \$1.99 per single serve packet	www.unjury.com or By Phone 1-800-517-5111
Unjury Soups (Powder)		21 g/ scoop	\$22.95/ 17 servings	www.unjury.com or By Phone 1-800-517-5111

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