

Visit # 4 - Full liquid supplements, Cues, Grocery shopping, Preparation

Complete	Topics to discuss	Education materials / Resources
	Look at vitamin/mineral supplement and protein options	Pt needed to bring to visit 4
	Discuss how goals /concerns or questions	Goal setting sheet
	Discuss progress of goals and changes in habits	Handout: Review Tips and Tricks for EATING SLOWLY -visit
	Cues to stop eating-review how much so I eat (binder materials-located in st	
	Signs and symptoms of dumping syndrome	
	Review post op bariatric checklist	Handout: post op bariatric checklist
	Recap visits 1-3 and where the patient's goals are heading	
	Discuss full liquid protein supplements	Provide handouts of options
	Patient Activities	Education materials / Resources
	Discuss obstacles pt may be experiencing.	
	Ask pt how long they will need to take vitamin and mineral supplement	Answer: Forever
	Ask pt how often they need to take their vitamins and mineral supplement	Answer: Daily
	Have patient recall grocery store trips and how they navigate the store	use perimeter of the store
	https://www.youtube.com/watch?v=e72_cv9ZWwk&feature=youtu.be	View during visit or on their own for next visit
	Patient Homework	Education materials / Resources
	Complete food diary x _____ day(s), measure and track protein.	Food diary
	IF Gastric Sleeve , have pt pick up B12	
	IF Gastric Bypass , have pt pick up Calcium and B12	
	Try full liquid options - choose/bring supplement for visit 5	

Postoperative Suggested Checklist

Equipment

- ☐ Blender or food processor
- ☐ Blender bottle
- ☐ Measuring cups
- ☐ Measuring utensils
- ☐ Food scale
- ☐ Baby spoon and fork or hors d'oeuvre spoon or fork (Remember you will be taking little bites of food)
- ☐ 1 ounce cups (to help you track fluid intake)
- ☐ Notebook (remember to keep a food journal)

Groceries

- ☐ Sugar free, non-carbonated, non-calorie beverages.
Examples: flavored water-Crystal Light®, fruit H2O, Mio® (or other generic brands that are comparable to crystal light or Mio®), Powerade® Zero, decaffeinated coffee or unsweetened decaffeinated tea.
- ☐ Apple juice (100% juice)
- ☐ Low calorie cranberry juice
- ☐ Grape juice (100% juice)
- ☐ V-8 juice or tomato juice
- ☐ Skim milk (or choose Lactaid® or lactose free option if you do not tolerate milk)
- ☐ Cream of wheat or Cream of Rice
- ☐ Pudding (no added sugar)- preferably dry mix (instant is fine)
- ☐ Smooth yogurt (no added sugar, "lite", low carbohydrate)
- ☐ Sugar free popsicles
- ☐ Jell-O® (no added sugar, no pre-made)
- ☐ Low-fat cream soup (such as Healthy Request)
- ☐ Broth, Bouillon, Consomme
- ☐ Clear liquid supplement- Nectar®, Matrix®, Unjury® (see protein supplement handout)
- ☐ Non-fat instant dry powdered milk

Supplements/Vitamins

- ☐ Multivitamin
- ☐ B12 vitamin
- ☐ Clear liquid supplement
- ☐ Full liquid supplement
- ☐ Protein foods

Shopping List for Bariatric- Friendly Foods

Grocery Store Tour: https://www.youtube.com/watch?v=e72_cv97Wwk&feature=youtu.be

Produce (2 servings of veggies and 2 servings & fruits daily)

<input type="checkbox"/> Apples <input type="checkbox"/> Asparagus <input type="checkbox"/> Bananas <input type="checkbox"/> Bell Peppers (red, green, yellow) <input type="checkbox"/> Berries <input type="checkbox"/> Blueberries <input type="checkbox"/> Broccoli <input type="checkbox"/> Brussel Sprouts <input type="checkbox"/> Cabbage <input type="checkbox"/> Carrots <input type="checkbox"/> Cauliflower <input type="checkbox"/> Celery <input type="checkbox"/> Cherries	<input type="checkbox"/> Corn <input type="checkbox"/> Cucumbers <input type="checkbox"/> Eggplant <input type="checkbox"/> Garlic <input type="checkbox"/> Ginger <input type="checkbox"/> Grapefruit <input type="checkbox"/> Grapes <input type="checkbox"/> Green Beans <input type="checkbox"/> Green Onion <input type="checkbox"/> Greens: turnip, collard, mustard, kale <input type="checkbox"/> Kiwis <input type="checkbox"/> Lemons/Limes <input type="checkbox"/> Lettuce (greener is better)	<input type="checkbox"/> Mango <input type="checkbox"/> Melon (cantaloupe, honeydew) <input type="checkbox"/> Mushrooms <input type="checkbox"/> Nectarines <input type="checkbox"/> Okra <input type="checkbox"/> Onions <input type="checkbox"/> Oranges <input type="checkbox"/> Papaya <input type="checkbox"/> Parsley <input type="checkbox"/> Peaches <input type="checkbox"/> Pears <input type="checkbox"/> Peas (snap, sugar)	<input type="checkbox"/> Pineapple <input type="checkbox"/> Potatoes <input type="checkbox"/> Radishes <input type="checkbox"/> Rutabaga <input type="checkbox"/> Salsa (fresh) <input type="checkbox"/> Spinach <input type="checkbox"/> Sprouts <input type="checkbox"/> Squash (summer, spaghetti, butternut, acorn) <input type="checkbox"/> Strawberries <input type="checkbox"/> Sweet potatoes <input type="checkbox"/> Tomatoes <input type="checkbox"/> Turnips <input type="checkbox"/> Zucchini
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Grains (2 servings of starches daily)

<input type="checkbox"/> 100% whole grain: barley, wheat berries, whole wheat bulgar, quinoa <input type="checkbox"/> Whole grain bread (whole-wheat, pumpernickel, rye, nature's own double fiber, Pepperidge® farm whole grain, 100% whole wheat small slice) <input type="checkbox"/> Whole grain tortilla wraps or tortilla (Toufayan® wraps)	<input type="checkbox"/> Whole wheat pasta (Barilla® plus, Muellers® whole grain, Hodgson Mill®, Annie's Organic®) <input type="checkbox"/> Thomas's® Light Multigrain English Muffins <input type="checkbox"/> Whole wheat pitas (Toufayan Wheat Pitettes®, Thomas Sahara pitas®)	<input type="checkbox"/> Triscuit® Reduced Fat Crackers, Wasa® Multigrain Crispbreads <input type="checkbox"/> Popcorn, 94% fat free (Act II® 94 % FF butter, Orville Redenbacher's® Smart Pop, Smart Balance®) <input type="checkbox"/> Brown or wild rice <input type="checkbox"/> Tortilla, whole wheat (mission® 6" Carb Control) <input type="checkbox"/> Stacy's Pita Chips
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Meat, Poultry, Fish (up to 6 oz /day)

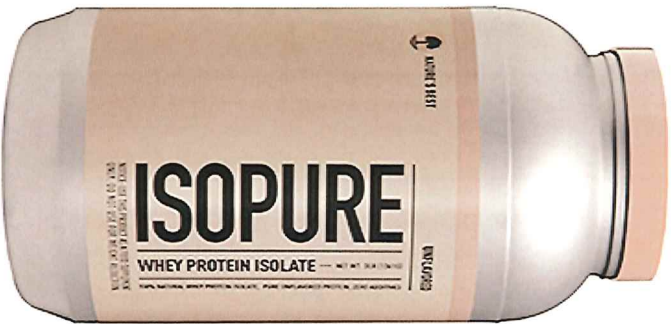
<input type="checkbox"/> Any fresh fish (salmon, tuna, mackerel, trout, catfish, roughy, tilapia) <input type="checkbox"/> Any Shellfish (oysters, clams, shrimp)	<input type="checkbox"/> Skinless poultry (turkey, ground turkey- Jennie-O®, chicken-Tyson® breast strips) <input type="checkbox"/> Lean deli meat or pre-packaged luncheon meats (turkey, ham, chicken, roast beef-Boar's Head®)	<input type="checkbox"/> Frozen chicken breast (Pilgrim's Pride®, Tyson®) <input type="checkbox"/> Lean beef (round or cubed steak, London broil, Flank steak, extra lean ground), 96% Maverick Ranch®	<input type="checkbox"/> Wild game (venison, quail, dove, etc.) <input type="checkbox"/> Lean Pork (tenderloin, loin chops, Canadian Bacon, Maverick Ranch® tenderloin)
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Dairy (2 servings of milk or yogurt daily)

<input type="checkbox"/> Skim or 1% (or Lactaid Milk) <input type="checkbox"/> Unsweetened Soy Milk (Silk® unsweetened soy milk) <input type="checkbox"/> Low-fat, light yogurt (Dannon® Light n' Fit, Activa® light, Fage® 0% Plain Greek Yogurt, Weight Watchers®) <input type="checkbox"/> Sugar Free pudding made with skim milk	Tofu, eggs and cheese (count toward your 6 oz protein/day) <input type="checkbox"/> Part Skim or reduced fat cheeses (50% reduced fat cheese, fat free shredded cheddar, mozzarella or grated parmesan, Sargento® part skim mozzarella slices, The Laughing Cow Babybel® light cheese or light cheese wedges) <input type="checkbox"/> Mozzarella String Cheese Stick (part-skim) <input type="checkbox"/> Fat free cottage cheese <input type="checkbox"/> Part skim or fat free ricotta cheese <input type="checkbox"/> Tofu <input type="checkbox"/> Vegetarian options: Smart Strips®, Veggie Slices (cheese), Tempeh, Hummus <input type="checkbox"/> Eggs (Eggland's Best omega 3 fortified, Egg Sence) (hard boiled Eggland's Best) <input type="checkbox"/> Egg substitutes (in carton) or Egg white product <input type="checkbox"/> Margarine (Smart Balance® tube and spray, I Can't Believe it's Not Butter®, Take Control Benecol®, Fleishmann's® Olive oil Spread)
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Canned Goods (2 servings of veggies and 2 servings & fruits daily) *Counts towards your 6 oz of protein/day			
<input type="checkbox"/> Any canned vegetable, although frozen is best (peas, green beans, carrots, pumpkin, red peppers, artichokes) <input type="checkbox"/> Bean or lentil soup (Progresso® Lentil Soup)* <input type="checkbox"/> Any canned tomatoes- diced, puree, whole, paste <input type="checkbox"/> Unsweetened Apple Sauce (Motts® No Sugar Added) <input type="checkbox"/> Broth or tomato based soups (Pacific Roasted Red Pepper® or tomato, Campbell's Healthy Request®, Progresso Light® or Weight Watchers®, Healthy Choice®) <input type="checkbox"/> Tuna (Chunk Lite) canned in water or in pouch (Starkist® flavor fresh pouch: Albacore Fillets, Light Meat Tuna Fillets)*		<input type="checkbox"/> Low Sodium (33% reduced) chicken or vegetable broth (Swanson®) <input type="checkbox"/> Canned or Packaged fruits in water or their own juices <input type="checkbox"/> Marinara Sauce (low sugar)(Hunt's® Sauce, Healthy Choice® Traditional) <input type="checkbox"/> Any beans (black, lentil, pinto, white, navy, kidney, garbanzo (chick peas))* <input type="checkbox"/> Refried beans, fat free, Vegetarian (Old El Paso, Ortega)* <input type="checkbox"/> Salmon (Chicken of the Sea® Pacific Salmon ® or Salmon Cups, Red Sockeye)* <input type="checkbox"/> Canned Chicken (Sweet Sue® Chicken Breast, Valley Fresh® Chunk Chicken)* <input type="checkbox"/> Sugar-Free Peanut butter (Smucker's® Natural, Smart Balance Omega) *	
Frozen Foods (2 servings of veggies and 2 servings & fruits daily) *Counts towards your 6 oz of protein/day			
<input type="checkbox"/> Any frozen veggie NOT in butter, cream or cheese sauce <input type="checkbox"/> Soy crumbles (Boca® ground crumbles)* <input type="checkbox"/> Eggo Nutrigrain Low-Fat Whole Grain Waffles	<input type="checkbox"/> Any frozen fruit not in syrup <input type="checkbox"/> Frozen un-breaded seafood or skinless poultry (Pilgrim's Pride®, Tyson®) * <input type="checkbox"/> Sugar- free popiscles (Edy's® Fruit Bars- No Sugar Added)	<input type="checkbox"/> Microwavable meals (within protein and kcal range) (Lean Cuisine® Meals – Spa Cuisine®, Stouffers® Corner Bistro®, Smart Ones® - Bistro Selections®, Healthy Choice®, Kashi)	<input type="checkbox"/> Vegetarian Burgers (Original Gardenburger®, Original Boca® Burger, Moringstar Farms® * <input type="checkbox"/> Edamame, Shelled or Unshelled
Breakfast foods (2 servings of dairy daily, limit starches to 2 servings daily)			
<input type="checkbox"/> Whole grain cereal (Post Bran® Flakes, 100% Bran, Shredded Wheat, Kashi®) <input type="checkbox"/> Oatmeal (Quaker® old fashioned rolled oats, Simple Harvest®, Weight Control®)		<input type="checkbox"/> Carnation ®Instant Breakfast- No Sugar Added (Ready To Drink or Powder) <input type="checkbox"/> Carnation® Non-fat Milk Powder or Non Fat Dry Milk (baking section of store) <input type="checkbox"/> Nutrition Products (Glucerna®, Boost Glucose Control®- watch sugar alcohols	
Beverages (8 cups of low-calorie, carbonation free fluids)			
<input type="checkbox"/> 100% fruit juices (Sunsweet® prune juice and Plum light, Juicy Juice® Harvest Surprise, Apple & Eve® Apple juice boxes, Tropicana® Light n Healthy orange juice or Pure Premium® Rube Red Grapefruit Juice) <input type="checkbox"/> Diet drinks (non-carbonated) Diet V8® Splash, V8® Fusion® Light, Minutemaide® Light Lemonade <input type="checkbox"/> Tomato Juice or Low-sodium V8®		<input type="checkbox"/> Powders: Crystal Light®, Crystal Light® Live Active, Sugar-free Kool Aid®, South Beach® Living on the Go Tide Me Over, Store Brand Sugar Free Drink Mixes	<input type="checkbox"/> Waters: Fuze® Low Carb, Fruit 20, Nestle® Pure Life, Aquifina® Flavor Splash <input type="checkbox"/> Herbal Tea
Misc.			
<input type="checkbox"/> Herbs and spices <input type="checkbox"/> Mustard <input type="checkbox"/> Rice Vinegar, Balsamic Vinegar <input type="checkbox"/> Mixed nuts (dry roasted, no sugar added) walnuts, pumpkin seeds, almonds, soy nuts	<input type="checkbox"/> Cooking Spray (PAM®, Mazola® Pure olive oil spray) <input type="checkbox"/> Evaporated skim milk <input type="checkbox"/> Hellmen's® Reduced fat with green top or Lite with blue top)	<input type="checkbox"/> Low fat Dressings (Ken's® Lite or Lite Accents®, Wish Bone® Spritzers, Maple Grove Farms® of Vermont, Organic-vile® <input type="checkbox"/> Non- Nutritive Sweeteners (Splenda®, Sweet & Low®, Equal®, Stevia®)	

Nature's Best Natural Isopure – Zero Carb



Performance Nutrition Website- www.performancenutrition.com

\$46.99 - \$99.99 (3-7.5lb) - unflavored, mint chocolate chip, banana cream, strawberries and cream,

Amazon website- www.amazon.com

\$38.47 - 40.49 (3lb) - Comes in unflavored Alpine punch, apple melon, banana cream, cookies and cream, creamy vanilla, mango peach, mint chocolate, natural chocolate, natural vanilla, pineapple orange, strawberries and cream, toasted coconut.

The Vitamin Shoppe- www.vitaminshoppe.com

\$40.49 (3lb) - Comes in unflavored, pineapple orange banana, mango- peach, vanilla, strawberry, cookies and cream, alpine punch, creamy vanilla, banana cream.

It can be added to foods, cold foods and beverages.

Nutrition Facts

Serving Size: 2 scoops (62g)
Servings Per Container: about 22

Amount Per Serving Calories from Fat 10

	% Daily Value*		% Daily Value*
Total Fat 1g	1%	Potassium 750mg	20%
Saturated Fat 0.5g	3%	Total Carbohydrate 0g	0%
Trans Fat 0g		Dietary Fiber 0g	0%
Cholesterol 5mg	2%	Sugars 0g	
Sodium 320mg	15%	Protein 50g	100%

	%DV*		%DV*		%DV*
Vitamin A	50%	Niacin	50%	Magnesium	50%
Vitamin C	50%	Vitamin B6	50%	Zinc	50%
Calcium	60%	Folate	50%	Selenium	50%
Iron	6%	Vitamin B12	50%	Copper	50%
Vitamin E	50%	Biotin	50%	Manganese	50%
Vitamin K	50%	Pantothenic Acid	50%	Chromium	50%
Thiamin	50%	Phosphorus	50%	Molybdenum	50%
Riboflavin	50%	Iodine	50%	Chloride	20%

*Percent Daily Values (DV) are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500	2,000	2,500
Total Fat	Less Than	65g	80g	Potassium	3,500mg
Saturated Fat	Less Than	20g	25g	Total Carbohydrate	300g
Cholesterol	Less Than	300mg	300mg	Dietary Fiber	25g
Sodium	Less Than	2400mg	2400mg	Protein	50g
Calories Per Gram: Fat 9 • Carbohydrate 4 • Protein 4					

Ingredients: Ion Exchange Whey (milk) Protein Isolate, Microfiltered Whey (milk) Protein Isolate, Vitamin/Mineral/Amino Acid Blend (taurine, potassium [as potassium chloride], chloride [as potassium and sodium chloride], calcium [as dicalcium phosphate dihydrate], phosphorus [as dicalcium phosphate dihydrate], L-Glutamine, magnesium [as magnesium oxide], vitamin C [ascorbic acid], vitamin E [as dl-alpha tocopheryl acetate], niacin, zinc [as zinc sulfate dihydrate], vitamin A [as acetate 500], pantothenic acid [as d-calcium pantothenate], vitamin B6 [as pyridoxine hydrochloride], copper [as copper sulfate], manganese [as manganese sulfate dihydrate], riboflavin, thiamin [as thiamin hydrochloride], folic acid, biotin, iodide [as potassium iodide], chromium [as chromium chloride], vitamin K, molybdenum [as sodium molybdate], selenium [as sodium selenite], vitamin B12, soy lecithin, natural and artificial flavor, xanthan gum, sucralose.

Cytosport Muscle Milk Light



Performance Nutrition Website- www.performancenutrition.com

\$25.99 (1.65 lb)- chocolate, cookies n’ cream, vanilla crème, strawberry milkshake

Amazon website- www.amazon.com

\$10.99 (4- 11 fl oz.) chocolate or vanilla

\$26.30 (18-11 fl oz) chocolate

The Vitamin Shoppe- www.vitaminshoppe.com

\$10.99 (4- 11 fl oz.) chocolate or vanilla

Walmart- www.walmart.com

\$5.94 (4- 11 fl oz.) chocolate or vanilla

\$40.44 (12-17 fl oz) chocolate

\$76.98 (12-17 fl oz) vanilla



Ingredient Details:

EvoPro Our Custom Protein, Peptide and Amino Acid Matrix Designed to Closely Reflect the Nitrogen Components and Ratios Found in Human Mother’s Milk (Micellar Alpha and Beta Caseins and Caseinates, Whey Concentrates Rich in Alpha-Lactalbumin, Whey Isolates, Whey Peptides, Glutamine Peptides, L-Taurine, Lactoferrin). Leanlipids Trans Fat Free Lipid Complex Selected for Thermogenic and Unique Energy Properties (Canola Oil and/or Sunflower Oil, MCTs, L-Carnitine), Cytovite I, Vitamin and Mineral Premix Consisting of (Vitamin A Acetate, Cholecalciferol, D-Alpha-Tocopherol Acetate, Ascorbic Acid, Folate, Thiamine Monohydrate, Riboflavin, Niacinamide, Pyridoxine HCL, Cyanocobalamin, Biotin, Pantothenic Acid, Di-Calcium Phosphate, Potassium Iodide, Potassium Chloride, Ferrous Fumarate, Magnesium Oxide, Copper Gluconate, and Zinc Oxide), Fructose, Natural and Artificial Flavors, Acesulfame Potassium, Cellulose Gum, Xanthan Gum, Sucralose, Chromium Nicotinate.

Nutrition Facts:

- Serving Size (scoops) 2
- Servings Per 15
- Calories 195
- Fat Calories 50
- Total Fat (g) 6
- Sat. Fat (g) 2.5
- Cholesterol (mg) 5
- Sodium (mg) 125
- Potassium (mg) 420
- Total Carbs (g) 11
- Dietary Fiber (g) 1
- Sugars (g) 2g/25

Carnation Instant Breakfast Powder- Light Start-

Walmart- www.walmart.com

\$ 4.84 – 8 ct powder packet, vanilla

\$ 7.26 – 6 ct-8 fl oz., rich milk chocolate

Nestle Health Science www.nestlenutritionstore.com

\$36.99 4-6ct pks of 8 fl oz., rich milk chocolate or mocha

\$46.99 8-8ct boxes, rich milk chocolate or vanilla



Ingredients (Rich Milk Chocolate) ⁽¹⁾

Water, Corn Syrup, Sugar, Milk Protein Concentrate, and less than 2% Vegetable Oil (Canola, High Oleic Sunflower, Corn), Cocoa processed w Alkali, Vitamins and Minerals², Soy Protein Isolate, Cellulose Gel and Gu Salt, Soy Lecithin, Carrageenan, Purified Stevia Leaf Extract (Sweetener Natural and Artificial Flavor

Vitamins and Minerals: Potassium Citrate, Magnesium Phosphate, Potassium Chloride, Calcium Carbonate, Sodium Ascorbate (Vitamin Choline Bitartrate, Calcium Phosphate, DL-Alpha Tocopheryl Acetate (Vitamin E), Ascorbic Acid (Vitamin C), Ferric Pyrophosphate (Iron), Zinc Sulfate, Nicotinamide, Calcium Pantothenate, Manganese Sulfate, Copper Sulfate, Pyridoxine Hydrochloride (Vitamin B₆), Thiamine Hydrochloride, Beta-Carotene, Vitamin A Palmitate, Riboflavin, Folic Acid, Biotin, Potassium Iodide, Vitamin K₁, Vitamin D₃, Vitamin B₁₂

CONTAINS: MILK AND SOY INGREDIENTS

Nutrition Information			
(Rich Milk Chocolate)			
		8 fl oz (1 bottle)	%DV*
Calories	kcal	240	**
Calories from Fat	kcal	35	**
Total Fat	g	4	6
Saturated Fat	g	1	5
Trans Fat	g	0	**
Cholesterol	mg	10	3
Sodium	mg (mEq)	150 (6.5)	6
Potassium	mg (mEq)	580 (14.9)	17
Total Carbohydrate	g	41	14
Dietary Fiber	g	0	0
Sugars	g	15	**
Protein	g	10	20
Vitamin A***	IU	1250	25
Vitamin C	mg	60	100
Calcium	mg	300	30
Iron	mg	4.5	25
Vitamin D	IU	240	60
Vitamin E	IU	30	100
Vitamin K	mcg	32	40
Thiamin	mg	0.38	25
Riboflavin	mg	0.43	25
Niacin	mg	4	20
Vitamin B₆	mg	0.7	35
Folic Acid	mcg	100	25
Vitamin B₁₂	mcg	2.1	35
Biotin	mcg	75	25
Pantothenic Acid	mg	2.5	25
Phosphorus	mg	300	30
Iodine	mcg	38	25
Magnesium	mg	100	25
Zinc	mg	4.5	30
Copper	mg	0.5	25
Manganese Chloride	mg	0.7	35
Choline	mg	272 (7.7)	8
Water	ml	55	10
		197	

*Daily Value

**DV not established

***Includes 50% Vitamin A activity from beta-carotene

Unjury

Unflavored UNJURY

Nutrition Facts

Serving Size: 1 Scoop (~24g)¹
Servings Per Container: 15

Amount Per Serving	1 scoop
Calories	90
Calories from Fat	0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 55mg	2%
Potassium 90mg	3%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 21g	42%
Calcium 130mg	15%
Phosphorus 60mg	6%
Vitamin A	0%
Vitamin C	0%
Iron	0%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Total Fat	Less Than 65g	2,500
Sat. Fat	Less Than 20g	80g
Cholesterol	Less Than 300mg	300mg
Sodium	Less Than 2,400mg	2,400mg
Potassium	Less Than 3,500mg	3,500mg
Total Carbohydrate	300mg	375mg
Dietary Fiber	25g	30g
Protein	50g	65g

Calories Per Gram
Fat 9 Carbohydrate 4 Protein 4

INGREDIENTS: Whey Protein Isolate and Soy Lecithin

Unjury website: www.unjury.com

\$20.95 Unflavored unjury protein container (~ 15 servings)

\$1.99 Unflavored unjury single-serving packet

This can be mixed with clear liquids such as crystal light or use it to boost milk or cold beverages. This is not well used in temperatures above 140° F or in plain water.

\$22.95 Flavors- Chocolate classic, chocolate splendor, vanilla, strawberry sorbet (~17 servings)- provides 21 gm per serving.

\$20.95 Planted protein- unflavored container, 20 servings (offers 20 gm per serving, lactose free)

\$22.95 Planted protein- chocolate, 20 servings (offers 20 gm per serving, lactose free, sweetened with stevia)

****Processed on a line that also processes: Milk, egg, wheat, tree nuts, soy, fish and shellfish.

