



## Protein Shakes

Getting enough Protein is essential after weight-loss surgery. **60-70 grams** is about the *minimum* amount of protein required daily post- surgery. Your dietitian will provide you with *your* individual goal.

- You are required be on Protein shakes **two weeks before your surgery, two weeks after your surgery** and you may need to use them **as a supplement** once you reintroduce food because it will be difficult for you to meet your protein goal through food alone.
- Before your surgery, make sure you find protein shakes you like from the list below. Our biggest recommendation is variety—so choose at least 2 shakes you like or a brand that comes in multiple flavors. We recommend having ready-to-drink shakes on hand as well as protein powder.
- After Surgery you may want to choose a protein shake that is at least 20 grams of protein per serving so you do not have to drink as many shakes to meet your protein goal.
- Pre-surgery you may want to choose one that is 15-20 grams so you can allow yourself 3-4 shakes daily without going over your maximum for protein. Protein Powder allows you to adjust the amount of protein in your shake.
- If you find a shake you like that is not on this list make sure to send or show a picture to your dietitian or bring what you found into your next class or appointment for approval.
- Bariatric Advantage, Quest and Syntrax Nectar Brands are available to purchase for your convenience in our office

**Powder Protein Shakes:** You can mix your powder protein shake with any of the options below as long as it stays within 200 Calories. (During the pre-op diet individuals with Diabetes should only mix with Skim, 1% or non-fat/low-fat lactaid milk to avoid low blood sugar episodes)

- |                              |                                               |
|------------------------------|-----------------------------------------------|
| • Water                      | • Unsweetened Almond Coconut Blend            |
| • Non-fat or 1% Cow's milk   | • Unsweetened Flax Milk                       |
| • Non-fat or 1% Lactaid milk | • Unsweetened Cashew Milk                     |
| • Unsweetened Almond Milk    | • Decaf coffee (just use for 1 shake per day) |

*See our "Shake it up" Handout on our website and App for more protein shake ideas and recipes!*

# PROTEIN SHAKE LIST

## SHAKES THAT CONTAIN LACTOSE

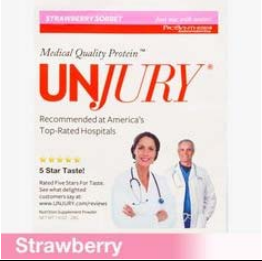
| Protein Shake                                                          | Label                                                                               | Grams of Protein                                                   | Where to Buy                                                   | Additional Info                                                                    |
|------------------------------------------------------------------------|-------------------------------------------------------------------------------------|--------------------------------------------------------------------|----------------------------------------------------------------|------------------------------------------------------------------------------------|
| Quest Protein Shakes (Powder)                                          |    | 21-23 grams per scoop                                              | Capital Health Metabolic & Weight Loss Center!                 | <i>Sold in tubs and packets so you mix &amp; match flavors- comes in 6 flavors</i> |
| Premier Protein (Ready to Drink or RTD)                                |    | 30 grams per Shake                                                 | Shoprite, Sam's Club, Costco, BJ's, Walgreens, CVS             | <i>Comes in 4 flavors</i>                                                          |
| Worldwide Pure Protein (comes in RTD or powder)                        |   | Varies from 15-25 grams per scoop or 23-35 grams per can or bottle | Trader Joe's, Target, CVS, Walgreens, Vitamin Shoppe, GNC      | <i>More variety in flavors sold on pure protein website then in stores</i>         |
| GNC Pro-Performance 100% whey                                          |  | 24 grams protein per scoop                                         | GNC, Amazon.com                                                | -----                                                                              |
| Atkins Advantage Shake                                                 |  | 15 grams of protein per shake                                      | Walmart, CVS, Walgreens, Target                                | <i>Comes in more flavor varieties online then in store</i>                         |
| Designer Whey (sold in mostly powder in stores but also available RTD) |  | 18 grams per scoop or per RTD container                            | Vitamin Shoppe, Target, Walmart, Trader Joes, Designerwhey.com | -----                                                                              |

|                                    |                                                                                   |                    |                                 |                                           |
|------------------------------------|-----------------------------------------------------------------------------------|--------------------|---------------------------------|-------------------------------------------|
| <b>Syntrax Matrix</b>              |  | 23 grams per scoop | Vitamin Shoppe, GNC, Amazon.com | <i>Comes in a wide variety of flavors</i> |
| <b>EAS myoplex Lite (RTD)</b>      |  | 20 grams per shake | Walmart, CVS, Walgreens, Target | -----                                     |
| <b>EAS AdvantEDGE Carb Control</b> |  | 17 grams per shake | Walmart, CVS, Walgreens, Target | -----                                     |

RTD = READY TO DRINK

## LACTOSE-FREE SHAKES

| Protein Shake                                  | Label                                                                               | Grams of Protein                                    | Where to Buy                                                                                                                                               | Additional Info                                                                                                              |
|------------------------------------------------|-------------------------------------------------------------------------------------|-----------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------|
| <b>Bariatric Advantage (powder)</b>            |  | 27 grams per two scoops                             | Capital Health Metabolic & Weight Loss Center!                                                                                                             | <i>Sold in bags and individual packets so you can buy one general flavor and a few packets for variety. Ask for Samples!</i> |
| <b>Syntrax Nectar (powder)</b>                 |  | 24 grams per packet or scoop                        | Capital Health Metabolic & Weight Loss Center- boxes of 12 packets; mix & match<br>Tubs- sold at GNC, vitamin shoppe and online at Bariatric Advantage.com | <i>Comes in wide variety of flavors. 5 flavors sold in packets in office</i>                                                 |
| <b>GNC Total Lean Shake (powder &amp; RTD)</b> |  | 25 grams per scoop or 23-35 grams per can or bottle | GNC or gnc.com                                                                                                                                             | <i>Seasonal Flavors usually available, more variety in flavors in store</i>                                                  |

|                                                                                                                                        |                                                                                     |                                         |                                 |                                                                                                                 |
|----------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-----------------------------------------|---------------------------------|-----------------------------------------------------------------------------------------------------------------|
|                                                                                                                                        |    |                                         |                                 |                                                                                                                 |
| <b>Fusion Protein Shakes</b>                                                                                                           |    | 27 grams per 2 scoops                   | Bariatricfusion.com             | Available in 8 flavors- sold in tubs and single serve packets. Ask our office for samples!                      |
| <b>Unjury (powder)</b>                                                                                                                 |    | 21 grams per scoop                      | Unjury.com or Amazon.com        | Comes in Savory flavors such as chicken soup. Ask our office for shake samples                                  |
| <b>Isopure Zero Carb Perfect Whey (powder)</b>                                                                                         |   | 18 grams per scoop or per RTD container | Walmart, GNC, Amazon            | Avoid any Isopure products enhanced with caffeine                                                               |
| <b>Ensure High Protein (RTD)</b>                                                                                                       |  | 16 grams per bottle                     | Walmart, CVS, Walgreens, Target | Make sure 8 oz bottle; NOT 'Ensure Active' High Protein                                                         |
| <b>Muscle Milk (100 calorie, Light, Genuine series, Pro-series all okay in 11 oz RTD) (Also in powder- only okay in Light version)</b> |  | Range                                   | Walmart, CVS, Walgreens, Target | Choose 11 oz RTD shake ONLY. Has a multiple variation; make sure it is 100-200 calories and less than 4 g sugar |
|                                                                                                                                        |                                                                                     |                                         |                                 |                                                                                                                 |

|                                  |                                                                                   |                       |                                 |                                                                                                                         |
|----------------------------------|-----------------------------------------------------------------------------------|-----------------------|---------------------------------|-------------------------------------------------------------------------------------------------------------------------|
| <b>Boost Calorie Smart (RTD)</b> |  | 16 protein per bottle | Walmart, CVS, Target, Walgreens | <i>Only Boost Calorie Smart variety meets criteria</i>                                                                  |
| <b>BiPro Protein (powder)</b>    |  | 20 grams per 1 scoop  | Biprousa.com                    | <i>Only 80 calories per scoop—make sure to mix with any option on the first page except water to equal 100 calories</i> |

RTD = READY TO DRINK