



Shakes

	CALORIES	FAT	CARBS	SUGAR	PROTEIN
OurSkinny® VANILLA PRO SHAKE	100	1g	7g	4g	15g
OurSkinny® LEMON RASPBERRY SHAKE	70	0g	1g	1g	15g
GNC® Total Lean™ VANILLA BEAN SHAKE	180	2g	30g	4g	9g
SlimFast® CAPPUCCINO DELIGHT	180	6g	25g	18g	10g
Atkins® Advantage™ MILK CHOCOLATE	160	9g	5g	1g	15g
Special K™ Protein Shake MILK CHOCOLATE	190	5g	29g	18g	10g
Ensure® COFFEE LATTE SHAKE	220	6g	32g	15g	9g
RightSize® Smoothies SKINNI VANILLI	100	3g	15g	6g	7g
Body By Vi SHAKE MIX + NON-FAT MILK	176	1g	19g	13g	20g
Herbalife FORMULA 1 FRENCH VANILLA	170	1g	13g	9g	9g



Bars

OurSkinny® CHOCOLATE PEANUT BAR	170	6g	20g	8g	14g
OurSkinny® CARAMEL NUT BAR	150	6g	12g	4g	12g
Atkins® Advantage™ MARSHMALLOW MUDSLIDE	210	10g	19g	1g	15g
SlimFast® ON-THE-GO CHOCOLATE PEANUT	200	7g	21g	11g	10g
Snickers® Bar	271	14g	35g	30g	4g
South Beach Diet® Meal CHOCOLATE	180	6g	24g	8g	12g
Balance Bar GOLD CARAMEL NUT BLAST	210	7g	23g	14g	15g
Clif Bar MOJO CHOCOLATE PEANUT	200	11g	20g	11g	8g
Luna Bar CHOCOLATE PEANUT-BUTTER	190	8g	19g	12g	12g
Larabar über Bar ROASTED NUT ROLL	220	16g	14g	7g	5g