



Meal Replacement Shake Comparison

	ADVOCARE MEAL REPLACEMENT SHAKE	EAS MyoPlex Light	Jack-In-The-Box SMALL STRAWBERRY SHAKE	SLIM-FAST® Optima®	MET-Rx® Meal Replacement
CALORIES	220	180	640	190	250
FAT	3 g	2 g	28 g	6 g	2.5 g
CARBS	24 g	19 g	84 g	24 g	19 g
FIBER	5 g	3 g	0 g	5 g	1 g
SUGAR	12 g	1 g	71 g	18 g	2 g
PROTEIN	24 g	25 g	10 g	10 g	37 g
C:P:F: RATIO	44:44:12	42:56:2	53:06:39	53:22:25	30:59:9
COST	 \$1.28	\$1.50	\$2.15	\$1.29	\$2.90

