

Meal Replacement Shakes

Pre-op liquid diet: 4 shakes daily
(+ 64 ounces water/sugar free beverages)

Bariatric Fusion®

**BARIATRIC FUSION
LEAN & FIT
HIGH PROTEIN
LOW CARB
MEAL REPLACEMENT**



(available at www.bariatricfusion.com or
UPMC Hamot Bariatric Surgery and Weight Management Center)

Flavors: vanilla, chocolate mousse, mint chocolate cream, strawberry shortcake, orange cream, cappuccino, cinnamon bun & unflavored.

Bariatric Fusion® Meal Replacement Shake ★ mixed with 1 cup (8 ounces) Skim Milk: ★

Serving Size: 1 serving + **8 ounces skim milk**

Nutrition Facts: per serving: Calories: 240

Protein: 35 grams; Carbs: 20 grams; Fiber: 5 grams;
Sugars: ~12 grams (natural sugars in milk); Cholesterol:
<10mg; Sodium: 186mg; Potassium: 580mg; Fat: 2 grams

Bariatric Fusion® Meal Replacement Shake ★ mixed with 1/2 cup (4 ounces) Skim Milk: ★

Serving Size: 1 serving + **4 ounces skim milk**

Nutrition Facts: per serving: Calories: 195

Protein: 31 grams; Carbs: 14 grams; Fiber: 5 grams;
Sugars: <7grams; Cholesterol: <7.5 mg; Sodium: 124 mg;
Potassium: 385 mg; Fat: 2 grams

Bariatric Fusion® Meal Replacement Shake ★ mixed with 4-8 ounces of Water: ★

Serving Size: 1 serving + **4-8 ounces of water**

Nutrition Facts: per serving: Calories: 150

Protein: 27 grams; Carbs: 8 grams; Fiber: 5 grams;
Sugars: <1 gram; Cholesterol: <5 mg; Sodium: 61 mg;
Potassium: 190 mg; Fat: 2 grams

***Lactose-Free**

Premier Protein® Shake

(available at Sam's Club, Walmart, some grocery stores,
or www.premierprotein.com)

Ready-to-Drink: vanilla/choc/strawberry flavors

Serving Size: 11 ounces = 1 shake/container

Nutrition Facts: per serving: Calories: 160

Protein: 30 grams; Carbs: 5 grams; Fiber:
3 grams; Sugars: 1 gram; Cholesterol: 25 mg;
Sodium: 340 mg; Potassium: 500 mg; and
Fat: 3 grams.



GNC Total Lean™ Lean Shake™-25

(available at GNC stores)

Ready-to-Drink: vanilla/choc/strawberry/banana

Serving Size: 14 ounces = 1 shake/container

Nutrition Facts: per serving: Calories: 170

Protein: 25 grams; Carbs: 6 grams; Fiber:
grams; Sugars: 2 grams; Cholesterol: 20 mg;
Sodium: 390 mg; Potassium: 475 mg; and
Fat: 6 grams.



***Lactose-Free**