

Protein Supplement	Grams of Protein	Locations for Purchase
Ensure® High Protein	16 grams	Target
Ensure® Max (11 oz.)	30 grams	Target
Ensure® Plant Based (11 oz.) Fiber: 5 grams	20 grams	Amazon, CVS
Genuine Muscle Milk® (11 oz. carton)	25 grams	RiteAid, Walmart
Boost® Glucose Control Fiber: 3 grams	16 grams	Grocery stores, Pharmacies
Vega® Protein Nutritional Supplement (11 Oz.) Plant-based, dairy free Fiber: 4 grams	20 grams	Wegmans, Target
Premier Protein® (11 oz.)	30 grams	Costco, 6-8 Oz Ua Uth
OWYN® (12 oz. bottle) Plant-based, dairy free, free of nuts, shellfish, soy, eggs Fiber: 4 grams	20 grams	Wegmans, Walgreens, Vitamin Shoppe
Fairlife®		

