

MEAL REPLACEMENTS

FEWER FOOD DECISIONS, MORE CONTROL

Meal replacements are a proven way to aid weight loss. Why? They ensure good nutrition while maintaining a controlled amount of calories. Using one or two meal replacements in your day reduces food decisions and keeps you on track. Choose a meal replacement with 200 - 300 calories per serving, at least 10 grams of protein and less than 10 grams of sugar.

OPTIFAST 900

Available by prescription from LEAFWMC
It provides 225 Calories per serving with 22.5 g of protein and 18.8 g of carbohydrate. It is available in chocolate or vanilla and is mixed with water before consuming



BOOST POWDER

BOOST Powder is available for purchase in most pharmacies & groceries. When mixed with 1 or 2% milk, soy milk or oat milk It provides ~260 Calories per serving with 15 g of protein and 30-42g of carbohydrate*.

VEGA ONE ALL IN ONE

Vega's All in one shake is a plant based, powdered shake. It is available in most pharmacies and groceries. Using 1.5 scoops will provide 240 Calories, 30 grams of protein and 15 grams of carbohydrate. There are 6 flavours and one unflavoured option.



MEAL REPLACEMENTS - READY TO DRINK

BOOST PROTEIN PLUS

- Dairy based
- 270 Calories, 27g Protein, 22g Carb per shake
- 26 essential vitamins & minerals
- Available in pharmacies and groceries



GLUCERNA

- Dairy Based
- 225 Calories, 11g Protein, 27g Carb per shake
- 26 essential vitamins & minerals
- Available in pharmacies and groceries

SPERRI

- Plant Based
- 330 Calories, 16g Protein, 37g Carb per shake
- 26 essential vitamins & minerals
- Available from <https://sperry.ca/collections/all> and local Natural Food Pantry stores and select Sobeys locations



Suggestions provided here are not intended as a product endorsement nor do they represent an exhaustive list of available options that would suit as a meal replacement. Check with your physician or dietitian for individual guidance.

MEAL REPLACEMENTS - BARS

SLIMFAST BAKE SHOP

- Dairy based
- 230 Calories, 15g Protein, 27g Carb per bar
- fortified with a wide range of vitamins & minerals
- Available in pharmacies and groceries



QUEST

- Dairy Based
- ~200 Calories, 20g Protein, 22g Carb per bar
- Available in pharmacies and groceries
- 9+ flavours available including non-chocolate options

TRUBAR

- Plant Based
- ~200 Calories, 12g Protein, 24g Carb per bar
- 4 flavours including a lemon option
- Available from <https://www.truwomen.com/collections/protein-bars-women> and in stores



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