



# GET LEAN PLAN for HEALTHY Weight Management

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## “Juice & Protein Drink” Macronutrient Portion Samples \*(Total Container)

Food Item	Item Details	Main Macro	Macro Grams	Amount	KCALs
Bolthouse	*Protein Plus	Carbohydrate	Carbs 112g; Protein 64g; Fat 12g	32 OZ	760
Evolution Fresh	*Orange	Carbohydrate	Carbs 56g; Protein 4g; Fat 0g	15.2 OZ	240
Evolution Fresh	*Pineapple Coconut Water	Carbohydrate	Carbs 32g; Protein 0g; Fat 0g	15.2 OZ	120
Evolution Fresh	*Super Green	Carbohydrate	Carbs 56g; Protein 6g; Fat 0g	15.2 OZ	230
Evolution Fresh	*Sweet Greens & Lemon	Carbohydrate	Carbs 9g; Protein 2g; Fat 0g	15.2 OZ	80
Fresh & Easy	*Amazing Acai Protein Drink	Carbohydrate	Carbs 76g; Protein 14g; Fat 10g	15.2 OZ	480
Naked	*Green Machine	Carbohydrate	Carbs 66g; Protein 4g; Fat 0g	15.2 OZ	280
Naked	*Protein Zone Double Berry	Carbohydrate	Carbs 70g; Protein 32g; Fat 4g	15.2 OZ	440

## “Powdered” Protein Drinks

Jarrow	Whey Protein-All Flavors	Protein	Protein 17g; Carbs 6g; Fat 1g	27 g	105
Jay Robb	Whey Protein-Chocolate	Protein	Protein 25g; Carbs 1g; Fat 0g	30g	110
Now Sports	Eggwhite Protein	Protein	Protein 20g; Carbs 1g; Fat 0g	20 g	75

## “Liquid” Egg Whites

Egg Beaters	100% Egg Whites	Protein	Protein 5g; Carbs 1g; Fat 0g	3 TBL	25
**Egg Whites Int.	100% Egg Whites-Pasteurized	Protein	Protein 13g; Carbs 1g; Fat 0g	8 TBL	60

- ★ All bottles “2 Servings” except Bolthouse Protein Plus which is “4 servings.”
- Source: Product Nutrition Fact Labels per company and item.
- Macro Grams in order of greatest value left to right. Values rounded to nearest full number in ones category.
- Sugar Note: “No Sugar Added” just means no table sugar, but the drink can still be mostly “fruit” sugars!!!
- \*\*Egg Whites International is the **best choice** for protein bioavailability, quality, purity, and ease of use.

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