

**HEALTHY STEPS\* WEIGHT LOSS CENTER**  
MEDICAL CORPORATION

\*SURGICAL TREATMENT OF EXCESS POUNDS

DAVID C. ELLIOTT, MD, FACS

ROBERT O. WOODBURY, MD, FACS

## Protein Supplements

| <u>Product</u>  | <u>Protein<br/>(g/serving)</u> | <u>Calories</u>               | <u>Incl. Skim Milk</u> |
|---|--------------------------------|-------------------------------|------------------------|
| <b><i>TRADER JOE'S – CLEVELAND AVENUE, SANTA ROSA</i></b> |                                |                               |                        |
| Met-Rx Powder   | 46                             | 210                           | 290                    |
| Ultra Pure Protein Shake                                  | 35                             | 170                           |                        |
| Atkins Advantage Shake                                    | 20                             | 170                           |                        |
| Trader Joe Soy Protein Powder                             | 23                             | 110                           | 190                    |
| Trader Joe Milk/Egg Protein Powder                        | 24                             | 100                           | 180                    |
| Designer Whey Protein Powder                              | 17.5                           | 90                            | 170                    |
| Pure Protein Shake  | 21                             | 100                           |                        |
| <b><i>SAFEWAY – MENDOCINO AVENUE, SANTA ROSA</i></b>      |                                |                               |                        |
| Carb Solutions Powder                                     | 19                             | 120                           | 200                    |
| Slim Fast Soy Protein Powder                              | 15                             | 170                           | 250                    |
| Met-Rx Protein Plus Powder                                | 23                             | 100                           | 180                    |
| NaturAde Soy Powder                                       | 13                             | 150                           | 230                    |
| EAS AdvantEdge Shake                                      | 15                             | 110-210 (depending on flavor) |                        |
| <b><i>ALBERTSON'S – BICENTENNIAL WAY, SANTA ROSA</i></b>  |                                |                               |                        |
| Slim Fast Soy Protein Powder                              | 15                             | 170                           | 250                    |
| Met-Rx Protein Shake                                      | 25                             | 200                           |                        |
| Met-Rx Protein Plus Powder                                | 23                             | 100                           | 180                    |
| EAS AdvantEdge whey powder                                | 20                             | 115                           | 195                    |
| Gen Soy Powder  | 25                             | 100                           | 180                    |
| NaturAde Soy Powder                                       | 13                             | 150                           | 230                    |
| NaturAde Soy Shake  | 13                             | 200                           |                        |
| MLO Super High Protein Powder                             | 22                             | 100                           | 180                    |
| Kashi Go-Lean Shake                                       | 15                             | 230                           |                        |
| <b><i>GNC – SANTA ROSA PLAZA</i></b>                      |                                |                               |                        |
| Met-Rx Protein Plus Powder                                | 23                             | 100                           | 180                    |
| ProComplex Powder   | 55                             | 260                           |                        |
| Real Protein Powder                                       | 30                             | 140                           |                        |
| Isopure Protein Powder                                    | 50                             | 200                           |                        |
| Problend 55 Powder  | 55                             | 270                           |                        |
| Carb Solutions Shake                                      | 21                             | 110                           |                        |
| Atkins Advantage Shake                                    | 20                             | 170                           |                        |
| Protein Bars: Myoplex                                     | 29                             | 254                           |                        |
| Carb Solutions  | 24                             | 230                           |                        |
| <b><i>RALEY'S – FULTON ROAD, SANTA ROSA</i></b>           |                                |                               |                        |
| Stacker Protein Water 20 oz                               | 20                             | 80                            |                        |