

ViSalus 'Shake-n-Baked' Meal Comparison

Summary:

ViSalus meals are higher in fiber and calcium, and lower fat, carbohydrates, sugar, fat, sodium, and price than many popular lunches.

Plus, we have added enzymes, amino acids, antioxidants and other nutrients to support a healthy lifestyle.

	Vi-Shape® Shake Mix in 10 oz. Nonfat Milk	Vi-Shape® Shake in water plus 1 Baked Nutra-Cookie™	2 Baked Nutra-Cookies
Protein	23 g	21 g	18 g
Fiber	1 serv.	2 serv.	2 serv.
Calcium (equal to 1 cup milk)	2 c	2.5 c	5 c
Carbohydrates	22 g	26 g	38 g
Sugar	15 g	11 g	22 g
Fat	2 g	7 g	12 g
Sodium	235 mg	195 mg	240 mg
Calories	200	240	300
Price	\$1.87	\$3.90	\$4.84



COMPARE TO	Lean Cuisine Baked Chicken & Vegetables	Subway 6" Oven Roasted Chicken Sandwich, Sun Chips, Diet Coke	McDonalds Grilled Chicken Sandwich, Medium Fries, Diet Coke
Protein	20 g	25 g	36 g
Fiber	½ serv.	1⅓ serv.	1⅓ serv.
Calcium (equal to 1 cup milk)	1/32 c	1/50 c	1/32 c
Carbohydrates	29 g	67 g	99 g
Sugar	5 g	9 g	11 g
Fat	5 g	10.5 g	11 g
Sodium	640 mg	885 mg	1,475 mg (61% daily allowance)
Calories	240	460	800
Price	\$5.99 (netgrocer.com)	\$6.70	\$6.38