

Vicki's 35/350 Breakfast Shake

I make my shakes with BariatrX Essentials. I've been drinking it since our store opened in 2008.

	Calories	Protein grams	Fiber grams
2 scoops BariatrX Essentials	170	20	4
2 tbsp ground flax meal	60	3	4
8 FO Fairlife nonfat milk	80	13	0
½ cup frozen unsweetened berries	35	0	1
TOTAL	345	36	9

If you're using the Bariatric Advantage meal replacement, here's your recipe.

	Calories	Protein grams	Fiber grams
2 scoops Bariatric Advantage	160	27	5
2 tbsp ground flax meal	60	3	4
8 FO regular nonfat milk	90	8	0
½ cup frozen unsweetened berries	35	0	1
TOTAL	345	38	10

Bill's 35/350 Breakfast Shake

	Calories	Protein grams	Fiber grams
Nature's Bounty protein powder	120	16	6
Dannon Light & Fit yogurt	80	5	0
8 FO Fairlife nonfat milk	80	13	0
1 cup frozen unsweetened berries	70	0	2
TOTAL	350	34	8