




Meal Replacement Bar Comparison



	ADVOCARE Meal Replacement Bar	SLIM FAST Milk Chocolate Peanut	POWER BAR Caramel Peanut Crisp
CALORIES	230	220	220
FAT	6 g	5 g	5 g
CARBS	30 g	34 g	32 g
SUGAR	4 g	4 g	14 g
FIBER	3 g	3 g	4 g
PROTEIN	17 g	7 g	10 g
C:P:F: RATIO	47:30:23	57:13:30	59:19:22
COST 	\$1.50 – \$2.49	\$.98	\$.91