

Ketogenic

Meal Replacement & Soup



Healthy Transformation® Ketogenic Meal Replacement and **Soup** are specially formulated to deliver an appropriate macronutrient ratio to complement a high-fat, moderate-protein, very low-carbohydrate, ketogenic low-calorie diet (LCD) plan.¹ Very low-carbohydrate ketogenic diets have shown benefits for weight loss and body fat loss.²⁻⁶

Studies on ketogenic diets have demonstrated significant weight loss over a three- to six-month period^{2,3,7} while also demonstrating reduced hunger and desire to eat despite weight loss.⁸

Each serving of Healthy Transformation® Ketogenic Meal Replacement provides:

- + 20 g protein from 100% whey isolate
- + 4-5 g carbohydrate
 - 1-2 g fiber
- + 14 g fat
- + 3 g MCT oil
- + 18+ essential vitamins & minerals
- + Non-GMO
- + Gluten-free
- + No artificial flavors or sweeteners

Meal replacements are recommended for medically supervised weight loss plans and for long-term weight management.⁹⁻¹²

References:

1. Volek et al. *Nutr Metab* (Lond). 2004 Nov 8;1(1):13.
2. Brinkworth et al. *Am J Clin Nutr* 2009;90:23-32.
3. Foster et al. *Ann Intern Med* 2010; 153(3):147-157.
4. Sharman et al. *J Nutr* 2004;134:880-885.
5. Volek et al. *Metabolism* 2002;51(7):864-70.
6. Volek et al. *Nutr Metab* 2004;8;1(1):13.
7. Yancy et al. *Ann Intern Med* 2004;140(10):769-77.
8. Gibson et al. *Obes Rev* 2015;16:64-76.
9. Heymsfield et al. *Int J Obes Relat Metab Disord*. 2003;27(5):537-549.
10. Johansson et al. *Am J Clin Nutr*. 2014;99(1):14-23.
11. LeCheminant et al. *J Am Coll Nutr*. 2005;24(5):347-353.
12. Ames et al. *Eat Behav*. 2014;15(1):95-98.

Flavor/Count Options:

14-packet carton



Vanilla

flavored with other natural flavors



Chocolate

flavored with other natural flavors



Chicken Soup

flavored with other natural flavors

Each serving of Healthy Transformation® Ketogenic Soup provides:

- + 20 g protein
- + 4 g carbohydrate
- + 14 g fat
- + Gluten-free
- + No artificial flavors or sweeteners

➔ 800.898.6888

➔ MyHealthyTransformation.com

Healthy Transformation.
Medical Weight Management Support Program

Ketogenic Meal Replacement & Soup



Vanilla

flavored with other natural flavors

Nutrition Facts	
Serving Size 1 Packet (45.5g) Servings Per Container 1	
Amount Per Serving	
Calories 220	Calories from Fat 130
% Daily Value*	
Total Fat 14g	22%
Saturated Fat 4g	20%
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 9g	
Cholesterol 5mg	2%
Sodium 200mg	8%
Potassium 360mg	10%
Total Carbohydrate 5g	2%
Dietary Fiber 2g	8%
Sugars 3g	
Protein 20g	40%
Vitamin A 25%	• Vitamin C 50%
Calcium 10%	• Iron 0%
Vitamin D 100%	• Vitamin E 25%
Thiamin 25%	• Riboflavin 25%
Niacin 25%	• Vitamin B ₆ 25%
Folate 45%	• Vitamin B ₁₂ 25%
Biotin 25%	• Pantothenic Acid 25%
Phosphorus 20%	• Iodine 25%
Magnesium 10%	• Zinc 80%
Selenium 80%	• Copper 80%
Manganese 80%	• Chromium 100%
Chloride 2%	
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Potassium	3,500mg 3,500mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Protein	50g 65g
Calories per gram:	
Fat 9	• Carbohydrate 4 • Protein 4

INGREDIENTS: WHEY PROTEIN ISOLATE (MILK), HIGH OLEIC SUNFLOWER OIL POWDER [HIGH OLEIC SUNFLOWER OIL, BUTTERMILK (MILK), DISODIUM PHOSPHATE, SILICA, NATURAL FLAVOR], MEDIUM-CHAIN TRIGLYCERIDES POWDER [MEDIUM-CHAIN TRIGLYCERIDES, NONFAT DRY MILK (MILK), DISODIUM PHOSPHATE, SILICON DIOXIDE], GUM ACACIA, NATURAL FLAVORS, SILICA, SUNFLOWER LECITHIN, XANTHAN GUM, VITAMIN AND MINERAL BLEND (ZINC GLUCONATE, ASCORBIC ACID, MANGANESE GLUCONATE, D-ALPHA TOCOPHERYL ACETATE, COPPER GLUCONATE, D-BIOTIN, RETINYL PALMITATE, NIACINAMIDE, CHOLECALCIFEROL, D-CALCIUM PANTOTHENATE, CHROMIUM PICOLINATE, PYRIDOXINE HYDROCHLORIDE, RIBOFLAVIN, POTASSIUM IODIDE, THIAMIN HYDROCHLORIDE, CALCIUM L-5-METHYLTHETRAHYDROFOLATE,[†] SELENOMETHIONINE, AND METHYLCOBALAMIN), GUAR GUM, AND LUO HAN GUO FRUIT (MONK FRUIT) EXTRACT. **CONTAINS: MILK.**

[†]As Metafolin[®]. Metafolin[®] is a registered trademark of Merck KGaA, Darmstadt Germany.



Chocolate

flavored with other natural flavors

Nutrition Facts	
Serving Size 1 Packet (49g) Servings Per Container 1	
Amount Per Serving	
Calories 220	Calories from Fat 130
% Daily Value*	
Total Fat 14g	22%
Saturated Fat 4g	20%
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 9g	
Cholesterol 5mg	2%
Sodium 300mg	15%
Potassium 650mg	20%
Total Carbohydrate 5g	2%
Dietary Fiber 2g	8%
Sugars 3g	
Protein 20g	40%
Vitamin A 25%	• Vitamin C 50%
Calcium 10%	• Iron 10%
Vitamin D 100%	• Vitamin E 25%
Thiamin 25%	• Riboflavin 25%
Niacin 25%	• Vitamin B ₆ 25%
Folate 45%	• Vitamin B ₁₂ 25%
Biotin 25%	• Pantothenic Acid 25%
Phosphorus 20%	• Iodine 25%
Magnesium 10%	• Zinc 80%
Selenium 80%	• Copper 80%
Manganese 80%	• Chromium 100%
Chloride 2%	
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
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Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Protein	50g 65g
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Fat 9	• Carbohydrate 4 • Protein 4

INGREDIENTS: WHEY PROTEIN ISOLATE (MILK), HIGH OLEIC SUNFLOWER OIL POWDER [HIGH OLEIC SUNFLOWER OIL, BUTTERMILK (MILK), DISODIUM PHOSPHATE, SILICA, NATURAL FLAVOR], MEDIUM-CHAIN TRIGLYCERIDES POWDER [MEDIUM-CHAIN TRIGLYCERIDES, NONFAT DRY MILK (MILK), DISODIUM PHOSPHATE, SILICON DIOXIDE], ORGANIC COCOA POWDER (PROCESSED WITH ALKALI), NATURAL FLAVORS, SUNFLOWER LECITHIN, SILICA, XANTHAN GUM, VITAMIN AND MINERAL BLEND (ZINC GLUCONATE, ASCORBIC ACID, MANGANESE GLUCONATE, D-ALPHA TOCOPHERYL ACETATE, COPPER GLUCONATE, D-BIOTIN, RETINYL PALMITATE, NIACINAMIDE, CHOLECALCIFEROL, D-CALCIUM PANTOTHENATE, CHROMIUM PICOLINATE, PYRIDOXINE HYDROCHLORIDE, RIBOFLAVIN, POTASSIUM IODIDE, THIAMIN HYDROCHLORIDE, CALCIUM L-5-METHYLTHETRAHYDROFOLATE,[†] SELENOMETHIONINE, AND METHYLCOBALAMIN), LUO HAN GUO FRUIT (MONK FRUIT) EXTRACT, GUAR GUM, AND SODIUM CHLORIDE. **CONTAINS: MILK.**



Chicken

flavored with other natural flavors

Nutrition Facts	
Serving Size 1 Packet (47.5g) Servings Per Container 1	
Amount Per Serving	
Calories 220	Calories from Fat 130
% Daily Value*	
Total Fat 14g	22%
Saturated Fat 4g	20%
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 9g	
Cholesterol 10mg	3%
Sodium 900mg	40%
Potassium 400mg	10%
Total Carbohydrate 4g	1%
Dietary Fiber 1g	4%
Sugars 3g	
Protein 20g	40%
Vitamin A 0%	• Vitamin C 80%
Calcium 8%	• Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less than 65g 80g
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Dietary Fiber	25g 30g
Protein	50g 65g
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INGREDIENTS: WHEY PROTEIN ISOLATE [WHEY PROTEIN ISOLATE (MILK), SUNFLOWER LECITHIN], HIGH OLEIC SUNFLOWER OIL POWDER [HIGH OLEIC SUNFLOWER OIL, BUTTERMILK (MILK), DISODIUM PHOSPHATE, SILICA, NATURAL FLAVOR], MEDIUM-CHAIN TRIGLYCERIDES POWDER [MEDIUM-CHAIN TRIGLYCERIDES, NONFAT DRY MILK (MILK), DISODIUM PHOSPHATE, SILICON DIOXIDE], CHICKEN MEAT FLAVOR (YEAST EXTRACT, CHICKEN STOCK, SALT, NATURAL FLAVOR, TORULA YEAST, SPICE, SILICA), SILICA, SODIUM CHLORIDE, CHICKEN BROTH FLAVOR (CHICKEN STOCK, SALT, YEAST EXTRACT, NATURAL FLAVOR), XANTHAN GUM, GUAR GUM, PARSLEY FLAKES (DRIED), AND TURMERIC EXTRACT (COLOR). **CONTAINS: MILK.**