












# Provide additional protein through high-protein diet and high-protein ONS

YOUR PROTEIN GOAL FOR THE DAY IS \_\_\_\_\_

 3 hard boiled eggs	 2 cups of spinach	 1 cup of blueberries
 (60 g) 2 ounces of chicken breast	 1 cup of baby carrots	 1 dinner roll
 10 almonds	 1 cup of berries	 1 banana



**NEW NAME\***

**ENSURE® ADVANCE†**



**40 g PROTEIN  
700 CALORIES**

\* Formerly Ensure® Protein Max 20 g.  
† 20 g of protein and 350 Calories per bottle (235 mL).



*life. to the fullest.®*

**Abbott**