



## Nutrition Facts

Serving Size: 1 packet 1.16 oz (33g) Servings per container: 7

Amount/Serving		% Daily Value*
<b>Calories</b> 110	Calories from fat 25	
		<b>% Daily Value*</b>
<b>Total Fat</b> 2.5g		<b>4%</b>
Saturated Fat 1g		<b>5%</b>
Trans Fat 0g		
<b>Cholesterol</b> 30mg		<b>10%</b>
<b>Sodium</b> 440mg		<b>18%</b>
<b>Potassium</b> 620mg		<b>18%</b>
<b>Total Carbohydrate</b> 8g		<b>3%</b>
Dietary Fiber 1g		<b>4%</b>
Sugars 4g		
<b>Protein</b> 15g		<b>30%</b>
Vitamin A		20%
Vitamin C		40%
Calcium		30%
Iron		20%
Vitamin D		25%
Vitamin E		30%
Vitamin K		20%
Thiamin		25%
Riboflavin		25%
Niacin		45%
Vitamin B6		25%
Folate		25%
Vitamin B12		20%
Biotin		25%
Pantothenic acid		15%
Phosphorus		15%
Iodine		10%
Magnesium		15%
Zinc		15%
Copper		15%
Manganese		20%
Chromium		20%
Molybdenum		35%
Selenium		4%

\* 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
Sat 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

**T**omato soup is an all-American standard, but it's usually loaded to the edge of the bowl with simple sugars, causing the blood sugar to spike and the fat-making process to begin. In just the same way as the Mediterranean diet is often lauded for its health-giving qualities, our Mediterranean Tomato Soup gets high praise for its composition. It's 100% vegetarian, and second, it comes with 15 grams of protein, 4 grams of sugars and a blend of vitamins and minerals. That makes it an excellent source of protein, and it staves off hunger. Furthermore, the portion is very precisely controlled, so you'll get exactly what you need. Why risk store-bought "sugar tomato" soup when you can get the Carefully Calibrated version through the Silhouette Solution?

**If it's not Carefully Calibrated, it's not your Silhouette Solution.™**

**Ingredients:** Protein blend (whey protein concentrate, soy protein isolate, milk protein concentrate, sodium caseinate), dehydrated vegetables (tomato, onion, garlic), sunflower oil, maltodextrin, vitamin and mineral mix (vitamin A as palmitate, cholecalciferol, vitamin E as acetate, biotin, folic acid, niacinamide, calcium pantothenate, cyanocobalamin, riboflavin, pyridoxine hydrochloride, dicalcium phosphate, chromium chloride, copper gluconate, potassium iodide, reduced iron, magnesium carbonate, manganese sulfate, sodium molybdate, zinc sulfate), natural and artificial flavors, tricalcium phosphate, xanthan gum, guar gum, sodium alginate, potassium chloride, potassium citrate, calcium lactate, salt, potassium bicarbonate, dipotassium phosphate, citric acid, hydrolyzed corn protein, spice, silicon dioxide, lycopene extract color, mono- and diglycerides, disodium inosinate and guanylate, tocopherol (antioxidant). **Allergen Statement:** May contain eggs and wheat.



## Nutrition Facts

Serving Size: 1 packet 1.13 oz (32g) Servings per container: 7

Amount/Serving		% Daily Value*
<b>Calories</b> 110	Calories from fat 25	
		<b>% Daily Value*</b>
<b>Total Fat</b> 2.5g		<b>4%</b>
Saturated Fat 1g		<b>5%</b>
Trans Fat 0g		
<b>Cholesterol</b> 30mg		<b>10%</b>
<b>Sodium</b> 520mg		<b>22%</b>
<b>Potassium</b> 620mg		<b>18%</b>
<b>Total Carbohydrate</b> 8g		<b>3%</b>
Dietary Fiber 1g		<b>4%</b>
Sugars 1g		
<b>Protein</b> 15g		<b>30%</b>
Vitamin A		15%
Vitamin C		25%
Calcium		25%
Iron		20%
Vitamin D		25%
Vitamin E		25%
Vitamin K		20%
Thiamin		25%
Riboflavin		25%
Niacin		45%
Vitamin B6		25%
Folate		20%
Vitamin B12		20%
Biotin		25%
Pantothenic acid		15%
Phosphorus		15%
Iodine		10%
Magnesium		15%
Zinc		15%
Copper		15%
Manganese		20%
Chromium		20%
Molybdenum		35%
Selenium		4%

\* 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
Sat 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

Everybody knows chicken soup is good for body and soul, and while many people think of it as a winter offering, it's perfect for any time of year. But it can be high in fat, high in carbs (if it has noodles), and high in calories. Ours is different. Named after a New England town near our offices, our Newbury Chicken Cream Soup is vegetarian, and comes with 15 grams of protein, 1 gram of sugar, and a blend of vitamins and minerals. That makes it an excellent source of protein, so it nourishes the body while it staves off hunger. Furthermore, the portion is very precisely controlled, so you'll get exactly what you need. Why risk store-bought chicken soup when you can get the Carefully Calibrated version through the Silhouette Solution?

**If it's not Carefully Calibrated, it's not your Silhouette Solution.™**

**Ingredients:** Protein blend (whey protein concentrate, soy protein isolate, milk protein concentrate, sodium caseinate), maltodextrin, tapioca starch, sunflower oil, dehydrated vegetables (onion, leek), vitamin and mineral mix (vitamin A as palmitate, cholecalciferol, vitamin E as acetate, biotin, folic acid, niacinamide, calcium pantothenate, cyanocobalamin, riboflavin, pyridoxine hydrochloride, dicalcium phosphate, chromium chloride, copper gluconate, potassium iodide, reduced iron, magnesium carbonate, manganese sulfate, sodium molybdate, zinc sulfate), natural flavors, xanthan gum, guar gum, sodium alginate, tricalcium phosphate, potassium chloride, potassium citrate, yeast extract, potassium bicarbonate, hydrolyzed corn protein, dipotassium phosphate, salt, spices, silicon dioxide, turmeric extract color, mono- and diglycerides, disodium inosinate and guanylate, tocopherol (antioxidant). **Allergen Statement:** May contain eggs and wheat.



Everybody knows the benefits of oatmeal: it's hearty, filling, and heart healthy. But most store-bought oatmeal is loaded with sugar or other simple carbs, and typically very low in protein. It can get your day straight into the sugar highs and lows that you should avoid. That's why Silhouette Staple Cinnamon Apple Oatmeal is loaded with protein, making it a good source of this essential nutrient that staves off hunger. Furthermore, the portion is very precisely controlled, so you'll get exactly what you need. And because there are 4 grams of carbs that qualify as sugars, it won't spike your blood sugar. Why risk store-bought oatmeal when you can get Carefully Calibrated Foods through the Silhouette Solution?

If it's not Carefully Calibrated, it's not your Silhouette Solution.™

**Ingredients:** Protein blend (whey protein concentrate, pea protein isolate, milk protein isolate), oat flakes, oat bran, apple flakes (sulfites), fructooligosaccharide, natural and artificial flavors, cinnamon, honey, salt, sucralose (non nutritive sweetener), soy lecithin, sugar. **Allergen Statement:** May contain eggs and wheat.

## Nutrition Facts

Serving Size: 1 packet 1.39 oz (39.5g)  
Serving per container: 7

Amount/Serving		Calories from fat 20	
Calories 150		% Daily Value*	
<b>Total Fat</b> 2g			<b>3%</b>
Saturated Fat 2g			<b>10%</b>
Trans Fat 0g			
<b>Cholesterol</b> 15mg			<b>5%</b>
<b>Sodium</b> 310mg			<b>13%</b>
<b>Potassium</b> 135mg			<b>4%</b>
<b>Total Carbohydrate</b> 17g			<b>6%</b>
Dietary Fiber 4g			<b>16%</b>
Sugars 4g			
<b>Protein</b> 15g			<b>26%</b>
Vitamin A			2%
Vitamin C			0%
Calcium			6%
Iron			14%

\* 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
Sat 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



It's often the "crunch" that catches people out – and that's the way some food companies like it. Consumers have been carefully trained over the last few decades to reach for those almost addictive crunchy snacks, and most of them are loaded with simple carbs and way too many calories. Blood sugar spikes and weight gain inevitably follows. So it's Silhouette Staples to the rescue. Chili-Lime Puffs have 15 grams of protein, 3 grams of sugars and 120 calories, so not only are they tasty and crunchy, they're also perfectly balanced for weight loss, not weight gain. Why risk the consequences of poorly designed snacks, when you can get Carefully Calibrated Foods through the Silhouette Solution?

**If it's not Carefully Calibrated, it's not your Silhouette Solution.™**

**Ingredients:** Textured soy proteins (soy protein isolate, tapioca flour, sugar, calcium carbonate), sunflower oil, seasoning (spices, sugar, salt, sodium diacetate, onion powder, garlic powder, maltodextrin, dextrose, lime juice powder, Worcestershire sauce blend, autolyzed yeast extract, jalapeño pepper powder, citric acid, lemon juice powder, malic acid, silicon dioxide, flavour, corn starch), parsley. **Allergen Statement:** May contain wheat.

## Nutrition Facts

Serving Size: 1 packet 1.06 oz (30g)  
Servings per container: 7

Amount/Serving		
<b>Calories</b>	120	Calories from fat 30
		<b>% Daily Value*</b>
<b>Total Fat</b>	3.5g	<b>5%</b>
Saturated Fat	0g	<b>0%</b>
Trans Fat	0g	
<b>Cholesterol</b>	0mg	<b>0%</b>
<b>Sodium</b>	360mg	<b>15%</b>
<b>Potassium</b>	90mg	<b>3%</b>
<b>Total Carbohydrate</b>	8g	<b>3%</b>
Dietary Fiber	0g	<b>0%</b>
Sugars	3g	
<b>Protein</b>	15g	<b>28%</b>
Vitamin A		6%
Vitamin C		2%
Calcium		30%
Iron		15%

\* 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
Sat 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



It's often the "crunch" that catches people out – and that's the way some food companies like it. Consumers have been carefully trained over the last few decades to reach for those almost addictive crunchy snacks, and most of them are loaded with simple carbs and way too many calories. Blood sugar spikes and weight gain inevitably follows. So it's Silhouette Staples to the rescue. Our BBQ Puffs have 15 grams of protein, 3 grams of sugars and 120 calories, so not only are they tasty and crunchy, they're also perfectly balanced for weight loss, not weight gain. Why risk the consequences of poorly designed snacks, when you can get Carefully Calibrated Foods through the Silhouette Solution?

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**Ingredients:** Textured soy (soy protein isolate, tapioca flour, sugar, calcium carbonate), sunflower oil, seasoning (sugar, salt, autolyzed yeast extract, onion powder, dextrose, torula yeast, tomato powder, sodium diacetate, garlic powder, paprika, hydrolyzed plant protein (contains wheat), natural flavor, citric acid, silicon dioxide, spice, smoke flavor, grill flavor). **Allergen Statement:** May contain milk and eggs.

## Nutrition Facts

Serving Size: 1 packet 1.06 oz (30g)  
Servings per container: 7

Amount/Serving		Calories from fat 30	
Calories 120		% Daily Value*	
<b>Total Fat</b> 3.5g			<b>5%</b>
Saturated Fat 0g			<b>0%</b>
Trans Fat 0g			
<b>Cholesterol</b> 0mg			<b>0%</b>
<b>Sodium</b> 420mg			<b>18%</b>
<b>Potassium</b> 110mg			<b>3%</b>
<b>Total Carbohydrate</b> 8g			<b>3%</b>
Dietary Fiber 0g			<b>0%</b>
Sugars 3g			
<b>Protein</b> 15g			<b>28%</b>
Vitamin A			10%
Vitamin C			0%
Calcium			30%
Iron			10%

\* 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
Sat 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



Almost everyone loves candy treats, and they know they're "not good for them." But they eat them anyway, not just because they're tasty and satisfy people's sweet tooth, but because they've been trained for years by food companies and advertisers to keep on eating. That's why candy treats are one of the main causes of weight gain in the US. Candy is loaded with what are called "empty calories" (ones that have no nutritional value) and most of the content is simple carbs that spike blood sugar and turn into fat. So it's Silhouette Staples to the rescue. Chocolate Puffs have 15 grams of protein, 8 grams of sugar and 150 calories, so not only are they tasty and crunchy, they're also beautifully balanced for weight loss, not weight gain. Why risk the consequences of poorly designed snacks, when you can get Carefully Calibrated Foods through the Silhouette Solution?

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**Ingredients:** Soy puffs (soy protein isolate, rice flour, cocoa (processed with alkali), calcium carbonate, natural flavor), chocolate flavored coating (sugar, palm and palm kernel oils, whey protein isolate (derived from milk), cocoa (processed with alkali), soy lecithin, natural and artificial flavors, sucralose (non-nutritive sweetener)). **Allergen Statement:** Manufactured on equipment that also processes peanuts, tree nuts, eggs, wheat and barley.

## Nutrition Facts

Serving Size: 1 packet 1.2 oz (35g)  
Serving per container: 7

Amount/Serving		Calories from fat 60	
Calories 150		% Daily Value*	
<b>Total Fat</b> 6g			<b>9%</b>
Saturated Fat 4.5g			<b>25%</b>
Trans Fat 0g			
<b>Cholesterol</b> 0mg			<b>0%</b>
<b>Sodium</b> 170mg			<b>7%</b>
<b>Potassium</b> 150mg			<b>4%</b>
<b>Total Carbohydrate</b> 11g			<b>4%</b>
Dietary Fiber 1g			<b>4%</b>
Sugars 8g			
<b>Protein</b> 15g			<b>29%</b>
Vitamin A			0%
Vitamin C			0%
Calcium			20%
Iron			15%

\* 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
Sat 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



The dramatic growth in the number of fancy coffee shops has brought with it a huge problem: instead of drinking a simple zero-calorie cup of plain Joe, consumers are downing up to a third of their daily allotment of calories in a single large beverage that's loaded with fat, carbs, and calories. And that's before they even get to work! No wonder so many people have weight problems! The real issue with these drinks is that they become habitual, and the pounds pile on as a result. Drinks like cocoa, that were once a holiday treat, are now readily available every day. That's why we made Down East Hot Chocolate. With a full 15 grams of protein, 1 sugar carb and 90 calories, it provides a delicious alternative to regular cocoa – one that's a good source of protein and an excellent source of calcium. And if you want the mocha version, just add it to your coffee! Why risk the consequences of high calorie cocoa, when you can get the Carefully Calibrated version through the Silhouette Solution?

If it's not Carefully Calibrated, it's not your Silhouette Solution.™

**Ingredients:** Protein blend (calcium caseinate (derived from milk), hydrolyzed gelatin, gelatin), creamer (glucose syrup, sodium caseinate, hydrogenated coconut oil, potassium phosphate), cocoa (processed with alkali), maltodextrin, salt, natural and artificial flavors, xanthan gum, guar gum, sodium alginate, calcium phosphate, carrageenan, magnesium phosphate, malt extract (wheat), silicon dioxide, sucralose and acesulfame-K (non-nutritive sweeteners), soy lecithin. **Allergen Statement:** May contain eggs.

## Nutrition Facts

Serving Size: 1 packet 0.88 oz (25g)  
Serving per container: 7

Amount/Serving		Calories from fat 10	
Calories 90		% Daily Value*	
<b>Total Fat</b> 1.5g			<b>2%</b>
Saturated Fat 1g			<b>5%</b>
Trans Fat 0g			
<b>Cholesterol</b> 0mg			<b>0%</b>
<b>Sodium</b> 300mg			<b>13%</b>
<b>Potassium</b> 150mg			<b>4%</b>
<b>Total Carbohydrate</b> 5g			<b>2%</b>
Dietary Fiber 1g			<b>4%</b>
Sugars 1g			
<b>Protein</b> 15g			<b>17%</b>
Vitamin A			0%
Vitamin C			0%
Calcium			25%
Iron			14%

\* 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
Sat 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



## Nutrition Facts

Serving Size: 1 packet 1.02 oz (29g) Servings per container: 7

Amount/Serving		% Daily Value*
<b>Calories</b> 100	Calories from fat 15	
		<b>% Daily Value*</b>
<b>Total Fat</b> 1.5g		<b>2%</b>
Saturated Fat 1g		<b>5%</b>
Trans Fat 0g		
<b>Cholesterol</b> 40mg		<b>13%</b>
<b>Sodium</b> 230mg		<b>10%</b>
<b>Potassium</b> 320mg		<b>9%</b>
<b>Total Carbohydrate</b> 8g		<b>3%</b>
Dietary Fiber 2g		<b>8%</b>
Sugars 5g		
<b>Protein</b> 15g		<b>30%</b>
Vitamin A		30%
Vitamin C		25%
Calcium		10%
Iron		15%
Vitamin D		25%
Vitamin E		25%
Vitamin K		20%
Thiamin		25%
Riboflavin		25%
Niacin		40%
Vitamin B6		25%
Folate		20%
Vitamin B12		20%
Biotin		25%
Pantothenic acid		15%
Phosphorus		8%
Iodine		10%
Magnesium		15%
Zinc		15%
Copper		15%
Manganese		20%
Chromium		20%
Molybdenum		35%

\* 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
Sat 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

Shakes are a common staple for people working on dropping weight. They're easy, they're fast, and perfect for breakfast or a snack. Too many shakes are chalky, floury, gritty and flavorless. We wanted shakes that were not only smooth and delicious, but properly configured for weight loss. So if you examine your Vanilla Crème Shake, you'll find it comes with a full 15 grams of protein, 5 sugar carbs and 100 calories. It's fortified with lots of vitamins and minerals, and is an excellent source of protein. Mix it using your Silhouette Solution blender bottle for easy use anywhere, or add ice in an electric blender at home for a cool treat! Why risk the consequences of carb-laden store shakes, when you can get the Carefully Calibrated version through the Silhouette Solution?

**If it's not Carefully Calibrated, it's not your Silhouette Solution™**

**Ingredients:** Protein blend (whey protein concentrate (derived from milk), calcium caseinate, sodium caseinate), fructose, fructooligosaccharide, natural and artificial flavors, vitamin and mineral blend (vitamin A as palmitate, cholecalciferol, vitamin E as acetate, biotin, folic acid, niacinamide, calcium pantothenate, thiamine mononitrate, cyanocobalamin, riboflavin, pyridoxine hydrochloride, dicalcium phosphate, chromium chloride, copper gluconate, potassium iodide, reduced iron, magnesium carbonate, manganese sulfate, sodium molybdate, zinc sulfate), sunflower oil, maltodextrin, cellulose gum, xanthane gum, carrageenan, guar gum, dipotassium phosphate, potassium chloride, potassium citrate, silicon dioxide, beta-carotene color, sucralose (non nutritive sweetener), soy lecithin, mono- and diglycerides, tocopherols (antioxidant). **Allergen Statement:** May contain eggs and wheat.





## Nutrition Facts

Serving Size: 1 packet 1.06 oz (30g) Servings per container: 7

Amount/Serving		% Daily Value*
<b>Calories</b> 110	Calories from fat 25	
		<b>% Daily Value*</b>
<b>Total Fat</b> 2.5g		<b>4%</b>
Saturated Fat 1g		<b>5%</b>
Trans Fat 0g		
<b>Cholesterol</b> 35mg		<b>12%</b>
<b>Sodium</b> 230mg		<b>10%</b>
<b>Potassium</b> 380mg		<b>11%</b>
<b>Total Carbohydrate</b> 8g		<b>3%</b>
Dietary Fiber 2g		<b>8%</b>
Sugars 4g		
<b>Protein</b> 15g		<b>30%</b>
Vitamin A		15%
Vitamin C		25%
Calcium		10%
Iron		20%
Vitamin D		25%
Vitamin E		25%
Vitamin K		20%
Thiamin		25%
Riboflavin		25%
Niacin		40%
Vitamin B6		25%
Folate		20%
Vitamin B12		20%
Biotin		25%
Pantothenic acid		15%
Phosphorus		10%
Iodine		10%
Magnesium		20%
Zinc		15%
Copper		25%
Manganese		20%
Chromium		20%
Molybdenum		35%

\* 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
Sat 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

Shakes are a common staple for people working on dropping weight. They're easy, they're fast, and perfect for breakfast or a snack. Too many shakes are chalky, floury, gritty and flavorless. We wanted shakes that were not only smooth and delicious, but properly configured for weight loss. So if you examine your Chocolate Colossal Shake, you'll find it comes with a full 15 grams of protein, 4 sugar carbs and 110 calories. It's fortified with lots of vitamins and minerals, and is an excellent source of protein. Mix it using your Silhouette Solution blender bottle for easy use anywhere, or add ice in an electric blender at home for a cool treat! Why risk the consequences of carb-laden store shakes, when you can get the Carefully Calibrated version through the Silhouette Solution?

If it's not Carefully Calibrated, it's not your Silhouette Solution™

**Ingredients:** Protein blend (whey protein concentrate (derived from milk), calcium caseinate, sodium caseinate), cocoa (processed with alkali), fructose, sunflower oil, maltodextrin, fructooligosaccharide, vitamin and mineral blend (vitamin A as palmitate, cholecalciferol, vitamin E as acetate, biotin, folic acid, niacinamide, calcium pantothenate, thiamine mononitrate, cyanocobalamin, riboflavin, pyridoxine hydrochloride, dicalcium phosphate, chromium chloride, copper gluconate, potassium iodide, reduced iron, magnesium carbonate, manganese sulfate, sodium molybdate, zinc sulfate), natural and artificial flavors (wheat), cellulose gum, xanthane gum, carrageenan, guar gum, dipotassium phosphate, potassium chloride, potassium citrate, silicon dioxide, sucralose (non nutritive sweetener), soy lecithin, mono-and diglycerides, tocopherols (antioxidant). **Allergen Statement:** May contain eggs.



## Nutrition Facts

Serving Size: 1 packet 1.02 oz (29g)      Servings per container: 7

Amount/Serving		% Daily Value*		% Daily Value*
<b>Calories</b> 100	Calories from fat 15		Vitamin E	25%
			Vitamin K	20%
			Thiamin	25%
<b>Total Fat</b> 1.5g		<b>2%</b>	Riboflavin	25%
Saturated Fat 1g		<b>5%</b>	Niacin	40%
Trans Fat 0g			Vitamin B6	25%
<b>Cholesterol</b> 40mg		<b>13%</b>	Folate	20%
<b>Sodium</b> 230mg		<b>10%</b>	Vitamin B12	20%
<b>Potassium</b> 320mg		<b>9%</b>	Biotin	25%
<b>Total Carbohydrate</b> 8g		<b>3%</b>	Pantothenic acid	15%
Dietary Fiber 2g		<b>8%</b>	Phosphorus	8%
Sugars 6g			Iodine	10%
<b>Protein</b> 15g		<b>30%</b>	Magnesium	15%
Vitamin A		15%	Zinc	15%
Vitamin C		25%	Copper	15%
Calcium		10%	Manganese	20%
Iron		15%	Chromium	20%
Vitamin D		25%	Molybdenum	35%

\* 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
Sat 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

Shakes are a common staple for people working on dropping weight. They're easy, they're fast, and perfect for breakfast or a snack. Too many shakes are chalky, floury, gritty and flavorless. We wanted shakes that were not only smooth and delicious, but properly configured for weight loss. So if you examine your Strawberry Symphony Shake, you'll find it comes with a full 15 grams of protein, 6 sugar carbs and 100 calories. It's fortified with lots of vitamins and minerals, and is an excellent source of protein. Mix it using your Silhouette Solution blender bottle for easy use anywhere, or add ice in an electric blender at home for a cool treat! Why risk the consequences of carb-laden store shakes, when you can get the Carefully Calibrated version through the Silhouette Solution?

**If it's not Carefully Calibrated, it's not your Silhouette Solution™**

**Ingredients:** Protein blend (whey protein concentrate (derived from milk), calcium caseinate, sodium caseinate), fructose, fructooligosaccharide, natural and artificial flavors, vitamin and mineral blend (vitamin A as palmitate, cholecalciferol, vitamin E as acetate, biotin, folic acid, niacinamide, calcium pantothenate, thiamine mononitrate, cyanocobalamin, riboflavin, pyridoxine hydrochloride, dicalcium phosphate, chromium chloride, copper gluconate, potassium iodide, reduced iron, magnesium carbonate, manganese sulfate, sodium molybdate, zinc sulfate), sunflower oil, maltodextrin, cellulose gum, xanthane gum, carrageenan, guar gum, dipotassium phosphate, potassium chloride, potassium citrate, silicon dioxide, beet juice color, sucralose (non nutritive sweetener), soy lecithin, mono- and diglycerides, tocopherols (antioxidant). **Allergen Statement:** May contain eggs and wheat.



**P**rotein bars are a common staple for people working on dropping weight. They're easy and fast, but most have too many carbs and too many calories. We decided to make it easy for you, and just make the best ones ourselves. Too many bars have strange textures and odd flavors. We wanted the kind of bars that people would reach for by choice. Our bars have a great crunch, superb flavors and are properly configured for weight loss. So if you examine your Chocolate Delight Bar, you'll find it comes with a full 15 grams of protein, 5 sugar carbs and 130 calories. That makes it an excellent source of protein, and you'll be delighted by how long it keeps you satisfied. Carry them with you everywhere for convenience! Why risk the consequences of carb-laden store bars, when you can get the Carefully Calibrated version through the Silhouette Solution?

**If it's not Carefully Calibrated, it's not your Silhouette Solution.™**

**Ingredients:** Protein blend (soy protein isolate, whey protein concentrate, whey protein isolate, milk protein concentrate), sugar, fructooligosaccharide, glycerin, organic cane sugar, maltitol syrup, modified palm and palm kernel oil, cocoa (processed with alkali), unsweetened chocolate, natural flavors, water, tapioca starch, calcium carbonate, mono- and diglycerides, soy lecithin, modified milk ingredients, butter, salt, maltitol, cream, pectin, tocopherol, sodium phosphate, sodium citrate, carrageenan. **Allergen Statement:** May contain wheat, egg, peanut, and tree nuts.

## Nutrition Facts

Serving Size: 1 bar 1.30 oz (37g)

Servings per container: 7

Amount/Serving		Calories from fat 30	
Calories 130		%	
		Daily Value*	
<b>Total Fat</b> 3.5g			<b>5%</b>
Saturated Fat 2g			<b>10%</b>
Trans Fat 0g			
<b>Cholesterol</b> 5mg			<b>2%</b>
<b>Sodium</b> 180mg			<b>8%</b>
<b>Potassium</b> 170mg			<b>5%</b>
<b>Total Carbohydrate</b> 14g			<b>5%</b>
Dietary Fiber 3g			<b>12%</b>
Sugars 5g			
<b>Protein</b> 15g			<b>30%</b>
Vitamin A			0%
Vitamin C			0%
Calcium			20%
Iron			15%

\* 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
Sat 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



Protein bars are a common staple for people working on dropping weight. They're easy and fast, but most have too many carbs and too many calories. We decided to make it easy for you, and just make the best ones ourselves. Too many bars have strange textures and odd flavors. We wanted the kind of bars that people would reach for by choice. Our bars have a great crunch, superb flavors and are properly configured for weight loss. So if you examine your Peanut Passion Bar, you'll find it comes with a full 15 grams of protein, 5 sugar carbs and 130 calories. That makes it an excellent source of protein, and you'll be delighted by how long it keeps you satisfied. Carry them with you everywhere for convenience! Why risk the consequences of carb-laden store bars, when you can get the Carefully Calibrated version through the Silhouette Solution?

If it's not Carefully Calibrated, it's not your Silhouette Solution.™

**Ingredients:** Protein blend (soy protein isolate, whey protein concentrate, whey protein isolate, milk protein concentrate), sugar, fructooligosaccharide, glycerin, organic cane sugar, maltitol syrup, peanuts, modified palm and palm kernel oil, partially defatted peanut flour, water, peanut oil, tapioca starch, calcium carbonate, mono- and diglycerides, soy lecithin, modified milk ingredients, butter, salt, natural flavors, maltitol, cream, pectin, tocopherol, sodium phosphate, sodium citrate, carrageenan. **Allergen Statement:** May contain wheat, egg, and tree nuts.

## Nutrition Facts

Serving Size: 1 bar 1.30 oz (37g)

Servings per container: 7

Amount/Serving		
<b>Calories</b>	130	Calories from fat 35
		<b>% Daily Value*</b>
<b>Total Fat</b>	4g	<b>6%</b>
Saturated Fat	1.5g	<b>8%</b>
Trans Fat	0g	
<b>Cholesterol</b>	5mg	<b>2%</b>
<b>Sodium</b>	180mg	<b>8%</b>
<b>Potassium</b>	140mg	<b>4%</b>
<b>Total Carbohydrate</b>	14g	<b>5%</b>
Dietary Fiber	3g	<b>12%</b>
Sugars	5g	
<b>Protein</b>	15g	<b>30%</b>
Vitamin A		0%
Vitamin C		0%
Calcium		20%
Iron		10%

\* 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	
Sat 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



**P**rotein bars are a common staple for people working on dropping weight. They're easy and fast, but most have too many carbs and too many calories. We decided to make it easy for you, and just make the best ones ourselves. Too many bars have strange textures and odd flavors. We wanted the kind of bars that people would reach for by choice. Our bars have a great crunch, superb flavors and are properly configured for weight loss. So if you examine your Blueberry Pomegranate Bar, you'll find it comes with a full 15 grams of protein, 7 sugar carbs and 130 calories. That makes it an excellent source of protein, and you'll be delighted by how long it keeps you satisfied. Carry them with you everywhere for convenience! Why risk the consequences of carb-laden store bars, when you can get the Carefully Calibrated version through the Silhouette Solution?

**If it's not Carefully Calibrated, it's not your Silhouette Solution.™**

**Ingredients:** Protein blend (soy protein isolate, whey protein concentrate, whey protein isolate, milk protein concentrate), sugar, fructooligosaccharide, glycerin, organic cane sugar, maltitol syrup, modified palm and palm kernel oil, water, apple juice concentrate, tapioca starch, cranberries, blueberries, calcium carbonate, natural flavors, soy lecithin, citric acid, mono- and diglycerides, modified milk ingredients, butter, salt, maltitol, cream, colors (lycopene, anthocyanin, titanium dioxide), maltodextrin, pectin, tocopherol, sodium phosphate, sodium citrate, carrageenan. **Allergen Statement:** May contain wheat, egg, peanuts, and tree nuts.

## Nutrition Facts

Serving Size: 1 bar 1.30 oz (37g)

Servings per container: 7

Amount/Serving		
<b>Calories</b>	130	Calories from fat 25
		<b>% Daily Value*</b>
<b>Total Fat</b>	2.5g	<b>4%</b>
Saturated Fat	1.5g	<b>8%</b>
Trans Fat	0g	
<b>Cholesterol</b>	5mg	<b>2%</b>
<b>Sodium</b>	180mg	<b>8%</b>
<b>Potassium</b>	110mg	<b>3%</b>
<b>Total Carbohydrate</b>	14g	<b>5%</b>
Dietary Fiber	3g	<b>12%</b>
Sugars	7g	
<b>Protein</b>	15g	<b>30%</b>
Vitamin A		0%
Vitamin C		0%
Calcium		20%
Iron		10%

\* 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	
Sat 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