

Ample Meal Formula Comparison

Formula	Original (400)	Original (600)	Vegan (400)	Vegan (600)	Ketogenic (400)	Ketogenic (600)
Calories	400	600	400	600	400	600
Protein	26g	36g	20g	35g	13g	19g
Fat	22g	35g	26g	33g	33g	51g
Saturated Fat	10g	15g	13g	16g	17g	25g
Carbohydrates	24g	35g	23g	42g	13g	19g
Dietary Fibers	10g	14g	11g	15g	10g	14g
Sugar	4g	6g	4g	6g	2g	3g
Sodium	450mg	630mg	380mg	59mg	430mg	580mg
Protein Source	Grass-fed Whey, Grass-fed Collagen	Grass-fed Whey, Grass-fed Collagen	Pea, Rice	Pea, Rice	Grass-fed Whey, Egg White, Pea	Grass-fed Whey, Egg White, Pea
Fat Source	Coconut Oil, High Oleic Sunflower Oil, Macadamia Nut Oil, Sunflower Lecithin	Coconut Oil, High Oleic Sunflower Oil, Macadamia Nut Oil, Sunflower Lecithin	Coconut Oil, High Oleic Sunflower Oil, Macadamia Nut Oil, Sunflower Lecithin	Coconut Oil, High Oleic Sunflower Oil, Macadamia Nut Oil, Sunflower Lecithin	Coconut Oil, High Oleic Sunflower Oil, Macadamia Nut Oil, Sunflower Lecithin, MCTs	Coconut Oil, High Oleic Sunflower Oil, Macadamia Nut Oil, Sunflower Lecithin, MCTs
Carb Source	Whole Grain Oat Flour, Tapioca Dextrin, Sweet Potato Powder	Whole Grain Oat Flour, Tapioca Dextrin, Sweet Potato Powder	Whole Grain Oat Flour, Tapioca Dextrin, Sweet Potato Powder	Whole Grain Oat Flour, Tapioca Dextrin, Sweet Potato Powder	Tapioca Dextrin, Sweet Potato Powder	Tapioca Dextrin, Sweet Potato Powder
Sweeteners	Dried Honey, Monk Fruit Extract, Stevia Extract	Dried Honey, Monk Fruit Extract, Stevia Extract	Pure Maple Sugar, Monk Fruit Extract, Stevia Extract	Pure Maple Sugar, Monk Fruit Extract, Stevia Extract	Dried Honey, Monk Fruit Extract, Stevia Extract	Dried Honey, Monk Fruit Extract, Stevia Extract
Keto-Friendly	✗	✗	✗	✗	Yes	Yes
Vegan	✗	✗	●	●	✗	✗
Gluten-free	●	●	●	●	●	●
Lactose-free	✗	✗	●	●	✗	✗
Price	\$39.00	\$48.00	\$42.00	\$51.00	\$48.00	\$60.00
Cost per serving	\$6.50	\$8.00	\$7.00	\$8.50	\$8.00	\$10.00