

Formula	Angie's Keto Meal Replacement	Rear Keto Meal Replacement	Ketond Keto Meal Replacement	Super Body Fuel Keto Meal Replacement	Verdopia Keto Meal Replacement	Fat Fuel Company Keto Meal Replacement	KETO Keto Meal Replacement	Kiss My Keto Keto Meal Replacement	Perfect Keto Keto Meal Replacement	PKM Keto Meal Replacement	Kiss My Keto Keto Meal Replacement	Twinkl Keto Meal Replacement	Naked Nutrition Keto Meal Replacement	Perfect Keto Keto Meal Replacement	Real Ketones Keto Meal Replacement	MyM Keto Meal Replacement	Refined Keto Meal Replacement	Refined Keto Meal Replacement	Kiss My Keto Keto Meal Replacement	Perfect Keto Keto Meal Replacement
Rating	★★★★★	★★★★★	★★★★★	★★★★★	★★★★★	★★★★★	★★★★★	★★★★★	★★★★★	★★★★★	★★★★★	★★★★★	★★★★★	★★★★★	★★★★★	★★★★★	★★★★★	★★★★★	★★★★★	★★★★★
Type	Meal Replacement	Meal Replacement	Meal Replacement	Meal Replacement	Powder	Shake	Shake	Shake	Shake	Liquid	Protein	Protein	Protein	Protein	Protein	Exogenous Ketones	Exogenous Ketones	Exogenous Ketones	Exogenous Ketones	Exogenous Ketones
Calories	600	600	600	450	300	234	250	250	230	80	95	95	150	80	160	120	31	27	30	30
Fat	51g	29g	33g	33g	22g	19g	29g	29g	29g	4g	6g	6g	5g	4g	30g	0g	0g	0g	0g	0g
Protein	17g	20g	24g	24g	3g	24g	3g	24g	24g	10g	10g	10g	10g	10g	0g	0.5g	0g	0g	0g	0g
Carbohydrates	17g	21g	11g	11g	14g	3g	3g	3g	4g	3g	3g	3g	3g	3g	9g	0g	0g	0g	0g	0g
Fiber	14g	12g	6g	6g	9g	0g	0g	0g	<1g	2g	2g	2g	2g	4g	0g	0g	0g	0g	0g	0g
Net Carbs	5g	5g	5g	5g	2g	2g	3g	3g	<1g	1g	1g	1g	1g	2g	5g	0g	0g	0g	0g	0g
Sugar	3g	3g	3g	3g	None	None	None	None	None	3g	None	None	None	None	None	None	None	None	None	None
Sweeteners	Stevia, Monk Fruit Extract	Erythritol, Stevia, Monk Fruit Extract	Stevia	Monk Fruit Extract	Erythritol, Stevia	Organic stevia leaf, erythritol	Monk Fruit Extract	Steviol glycosides	None (unflavored), Stevia leaf (flavored)	Sucralose	Steviol glycosides	Monk Fruit Extract	None	None (unflavored), Stevia leaf (flavored)	Stevia	Stevia	Stevia	Stevia	Stevia	Stevia, Monk Fruit Extract
Potentially Irritating Ingredients	Guar Gum	Erythritol, Xanthan Gum	None	Xanthan Gum	Xanthan Gum, Corn Fiber	Erythritol	None	Sodium caseinate	None	Artificial Ingredients, Sucralose	Sodium caseinate, citraconic diolide	None	None	None	Guar Gum	Potassium sorbate, potassium benzoate	Artificial Flavors	None	Gum Blend	None
Non-GMO	Grass-fed Whey Protein, Egg White Protein, Pea Protein	Grass-fed Whey Protein	Whey Protein Isolate	Dati, Brown Rice	Hydrolyzed Bovine Collagen	Cocoa, grass-fed butter powder	Pea Protein	Sodium caseinate	None	Whey, Casein, Soy	Hydrolyzed grass-fed collagen peptides	Grass-fed Whey Protein Isolate, Grass-fed Bovine Collagen	Grass-fed Whey Protein Concentrate	Hydrolyzed grass-fed collagen	Whey Protein Isolate	N/A	Amino acids	N/A	N/A	N/A
Protein Source	Grass-fed Whey Protein, Egg White Protein, Pea Protein	Grass-fed Whey Protein	Whey Protein Isolate	Dati, Brown Rice	Hydrolyzed Bovine Collagen	Cocoa, grass-fed butter powder	Pea Protein	Sodium caseinate	None	Whey, Casein, Soy	Hydrolyzed grass-fed collagen peptides	Grass-fed Whey Protein Isolate, Grass-fed Bovine Collagen	Grass-fed Whey Protein Concentrate	Hydrolyzed grass-fed collagen	Whey Protein Isolate	N/A	Amino acids	N/A	N/A	N/A
Fat Source	Coconut Oil, High Oleic Sunflower Oil, Macadamia Nut Oil, Sunflower Lecithin	MCTs	Coconut Milk Powder, Butter Powder, Cream Cheese Powder, Heavy Cream Powder, Macadamia Nut Oil	2 tablespoons of avocado oil, MCTs	Coconut Oil, Sunflower Lecithin	Coconut oil, grass-fed butter, MCTs, cocoa	Coconut Milk	MCTs	MCTs	Sunflower Oil, Soy Lecithin	MCTs	Caprylic Acid MCT Oil, Grass-fed Butter, Sunflower Lecithin	Coconut Cream	MCT Powder	Sunflower Oil, MCTs	Ketone ester	gobHB-D	gobHB	gobHB	BHB blend
Micro nutrient Density	High	High	Low	Low	Low	Low	Low	Low	Low	Low	Low	Low	High	Low	High	Low	High	High	High	High
Vitamin Density	Medium	High	High	High	High	Low	Low	Low	Low	High	Low	Low	Low	Low	High	High	High	High	High	Low
Probiotics	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•
Vegan	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•
Gluten-free	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•
Lactose-free	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•	•