



Protein bars are a common staple for people working on dropping weight. They're easy, they're fast, and if you read the labels carefully, you might find a decent one, but most have too many carbs and too many calories. So 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, not because they "had to because they were part of the program." Our Lemon Blast bars have a great crunch, superb flavors and are properly configured for weight loss. If you examine them, you'll find each comes with a full 15 grams of protein, 5 sugar carbs and 130 calories. That makes them an excellent source of protein, and you'll be delighted by how long they 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, milk protein concentrate), sugar, fructooligosaccharide, organic cane sugar, glycerin, maltitol syrup, fractionated palm and palm kernel oil, water, rice flour, tapioca starch, calcium carbonate, lemon juice powder, natural flavour, citric acid, soy lecithin, modified milk ingredient, mono- and diglycerides, vanilla extract, salt, colors (annatto, turmeric), butter, barley malt extract (wheat), maltitol, tocopherol, sodium phosphate, sodium citrate, pectin, mixed tocopherols, cream, cellulose gum, cellulose gel, carrageenan. **Allergen Statement:** May contain egg, peanuts, and tree nuts.

## Nutrition Facts

Serving Size: 1 bar 37g (1.30oz)  
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> 200mg	<b>8%</b>
<b>Potassium</b> 110mg	<b>3%</b>
<b>Total Carbohydrate</b> 15g	<b>5%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 6g	
<b>Protein</b> 15g	<b>29%</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