



Breakfast Comparison

GreensFirst Meal Replacement Shake



Fast-Food Biscuit, Sausage & Egg Breakfast Sandwich



Compare

RETAIL PRICE	■ \$3.09
CALORIES	■ 135 Calories
TOTAL PROTEIN	■ 22 Grams
FRUITS & VEGGIES	■ 10 Servings (AP)
TOTAL FAT	■ 2.7 Grams
SATURATED FAT	■ 0 Grams
TOTAL CARBS	■ 5 Grams
CHOLESTEROL	■ 8 Milligrams
SODIUM	■ 75 Milligrams

■ \$4.99	(\$1.90 More)
■ 620 Calories	(5X More)
■ 19 Grams	(3 Gms Less)
■ 0 Servings	(10 Svg Less)
■ 41 Grams	(15X More)
■ 13 Grams	(13X More)
■ 49 Grams	(10X More)
■ 225 Milligrams	(28X More)
■ 1370 Milligrams	(18X More)