**Weight loss meal replacement shakes/drinks and protein weight loss**

Drinks both aid in weight loss. There are different varieties of nutrition and weight loss shakes out there on the market. Thus, it's vital to know the variations among them because it aids higher cognitive process on which suits you best in accordance to your life style. This article will focus in weight loss meal replacement and protein shakes, their desired outcome and common variations.

**The Protein Shakes/Drinks:**

A lot of companies have alternative ways of naming this merchandise. Some refer to it as Weight loss protein shakes. This can be the reason why many find it confusing. In as much as the protein drink will facilitate one to slim up, opposite is probably likely to occur too. It's as a result of this reason; you're advised to research further on the product and use it wisely. A number of these products have high sugar and calorie rate so are intentionally designed to help muscle building with regular intense exercise programs.

On the other hand, a number of the protein drinks have very low content of fat, sugar and calorie level so are often used as a home-made shake and is intentionally manufactured to assist on weight loss. Don't get yourself confused with the wide-range of protein shakes that the market offers.

**Note:** It's not a necessity that all meal replacement shakes contain protein, and not every protein shake may be a meal replacement. To contemplate a shake as meal replacement, it should have a totally balanced nutritional value. A good variety of supplement shakes supply protein only; sometimes, it would embrace different useful additives. It's important to understand that they do not contain correct ratio of proteins, carbohydrates and calories to qualify as a decent meal replacement drink.

In contrast to all these shakes, the key difference between protein shakes/drinks and weight loss meal replacement shakes is that, meal replacement drink has the whole nutritional worth of a balanced meal providing a wide array of minerals and vitamins to substitute a full meal. The protein shake is simply a complementary alternative to a healthy diet. The calorie content of meal replacement shake is in a calorie range of 200 - 400, whereas the protein shake does not exceed the maximum amount of 200 calories, as a good variety of them being 100 or less calories per one complete serving.

**Meal Replacement drinks/shakes:**

As the title states clearly, they're intentionally meant to replace the conventional meal. This implies that they have a high composition of carbohydrates, proteins and calories. Still, offers low fat content. This shake is often fortified with minerals, vitamins and different necessary nutrients thus on as to a whole diet formula like all healthy meal. Generally, this can be sensible because it offers all the essential nutrients you'd get in a every whole meal and at the same time doesn't provide a ton of fat.