



ELITE

Personal Training and Fitness Solutions

HEALTH TIP OF THE WEEK

5/9: Ka'chava



Meal Replacement Products

There are literally hundreds of meal replacement products on the market. Their nutritional content varies greatly. Ironically, some products are actually unhealthy. Others offer exceptional benefits. And the taste?? Frankly, that ranges from disgusting to delicious.

To benefit Elite's clients, I spend considerable time analyzing and often testing meal replacement products. In this week's health tip, I'll discuss what I take and why I recommend it to others.

Disclaimer - I have no financial interest in this product. My sole interest is to recommend quality nutrition supplements. Here's my pick:

Drumroll please... It's Ka'chava

Ka'chava is an all-in-one, plant-based superfood meal that tastes good and offers superior nutritional value. It can be used pre-workout, post-workout, as a meal supplement for protein synthesis and weight gain, or as a meal replacement for weight loss. Another disclaimer:

Ka'chava should be used as part of a well-balanced diet. Do not use it as your only source of nutrition. The Ka'chava serving size is 62 g, which makes it a bit larger than most other shakes.

Flavors include chocolate, vanilla, coconut acai, and chai.



Elite Personal Training and Fitness Solutions does not provide medical treatment or intervention. We acknowledge scientific evidence that appropriately intensive exercise and sustainable nutritional intervention can have significant impact on chronic health disorders and obesity, dramatically improving symptoms when recommendations are followed. Please visit us at Eliteptf.com for more information and to schedule your evaluation.

This nutrient-dense product contains the following:

- 70+ superfoods and nutrients
- protein
- fiber
- greens
- MCTs [medium chain triglycerides]
- probiotics
- prebiotics
- adaptogens (to combat mental & physical stress)
- 26 vitamins and minerals

What's the scoop on Ka'chava's nutrition per serving?

One scoop contains:

- 240 cal
- 7 g fat
- 4.4 g saturated fat
- 24-25 g carbohydrates
- 9 g fiber
- 6-7 g sugar

On their website, Ka'chava is sold for \$69.95/bag for a single purchase (\$4.67/serving) or \$59.95/with a monthly subscription (\$4/serving). On Amazon, Ka'chava is sold for \$77.95 a bag.

What I love about Kachava:

- taste is decent despite only 6 g of sugar
- solid organic plant-based protein blend
- balance macronutrient profile
- quality superfood with prebiotics, probiotics and digestive enzymes
- no dairy, gluten, soy, preservative, artificial flavors, or sweeteners

What I don't like or would change:

- lower the 6 g of sugar slightly if possible without sacrificing taste. All in all, 6 g of sugar is not a lot in the context of healthy eating.
- rather expensive - However, when taken as a meal replacement, consider Ka'chava a bargain. Where or what could you eat for four dollars?

Interested? Please contact us to discuss how you might incorporate Ka'chava into your nutrition or exercise plan.

Supplement Facts

15 Servings Per Container
Serving Size 62g (2 Scoops)

	Amount Per Serving	%DV		Amount Per Serving	%DV
Calories	240kcal		Plant-Based Protein Blend	27.75 g	†
Total Fat	7 g	9%	Yellow Pea Protein, Organic Whole Grain Brown Rice Protein, Organic Sacha Inchi (Plukenetia volubilis linneo, seed), Organic Amaranth (Amaranthus caudatus, seed), Organic Quinoa (Chenopodium quinoa, seed)		
Saturated Fat	4.4 g	22%			
Trans Fat	0 g				
Cholesterol	0 mg	0%	Omega EFA / Fiber Blend	9.62 g	†
Total Carbohydrate	25 g	9%	Organic Pure Whole Grain Oat, Organic Acacia Gum, Chia (Salvia hispanica, seed), Flax (Linum usitatissimum, seed)		
Dietary Fiber	9 g	32%			
Total Sugars	7 g				
Includes 6g Added Sugars		12%			
Protein	25 g		Antioxidant / Super-Fruit Blend	6.1 g	†
Vitamin A (as vitamin A palmitate)	750 mcg RAE	83%	Organic Coconut Flower Nectar (Cocos nucifera, flower bud) Acai Berry (Euterpe oleracea, fruit), Organic Maqui Berry (Aristotelia chilensis, fruit), Camu-Camu Berry (Myrciaria dubia, fruit), 100% Organic Strawberry, 100% Organic Tart Cherry, 100% Organic Blackberry, Organic Blueberry, 100% Organic Raspberry		
Vitamin C (as ascorbic acid)	30 mg	33%			
Vitamin D (as ergocalciferol)	5 mcg	25%	Adaptogen Blend	1020 mg	†
Vitamin E (as d-alpha tocopherol acetate)	10 mg	67%	Organic Maca Root (Lapidium meyenii walg, root), 100% Organic Shiitake Mushroom Mycelia, 100% Organic Maitake Mushroom Mycelia, 100% Organic Reishi Mushroom Mycelia, 100% Organic Cordyceps Mushroom Mycelia, 100% Organic Ginger Root		
Vitamin B1 (as thiamin hydrochloride)	0.75 mg	63%			
Vitamin B2 (as riboflavin)	0.85 mg	58%			
Vitamin B3 (as niacinamide)	10 mg NE	63%	Super-Greens / Vegetable Blend	500 mg	†
Vitamin B6 (as pyridoxine hydrochloride)	1 mg	59%	100% Organic Beet, 100% Organic Carrot, 100% Organic Spinach, 100% Organic Broccoli, 100% Organic Tomato, 100% Organic Kale, 100% Organic Cabbage, 100% Organic Parsley Leaf, 100% Organic Brussel Sprouts, 100% Organic Green Pepper, 100% Organic Cucumber, 100% Organic Celery, 100% Organic Garlic, 100% Organic Green Onion, 100% Organic Cauliflower and 100% Organic Asparagus, Chlorella (Chlorella vulgaris)		
Folate (200 mcg folic acid)	333 mcg DFE	83%			
Vitamin B12 (as cyanocobalamin)	3 mcg	125%	Probiotic / Prebiotic Blend	50 mg	†
Biotin	75 mcg	250%	Inulin, Lactobacillus rhamnosus, Lactobacillus acidophilus		
Pantothenic acid (as calcium d-pantothenate)	5 mg	100%			
Calcium (as tricalcium phosphate & nat. occurring)	800 mg	62%	Digestive Enzyme Blend	50 mg	†
Iron (as nat. occurring)	7.5 mg	42%	Amylase, Protease, Cellulase, Lactase, Lipase		
Phosphorus (as tricalcium phosphate & nat. occur)	600 mg	48%			
Iodine (as potassium iodide)	75 mcg	50%			
Magnesium (as magnesium oxide & nat. occurring)	290 mg	69%			
Zinc (as zinc oxide & naturally occurring)	7.5 mg	68%			
Selenium (as selenium chelate)	35 mcg	64%			
Copper (as copper amino acid chelate)	0.8 mg	90%			
Manganese (as manganese citrate & nat. occurring)	0.92 mg	40%			
Chromium (as chromium amino acid chelate)	35 mcg	100%			
Molybdenum (as naturally occurring)	90 mcg	200%			
Chloride (as sodium chloride and nat. occurring)	370 mg	16%			
Sodium (as sodium chloride and nat. occurring)	475 mg	21%			
Potassium (as naturally occurring)	550 mg	12%			

The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice. † Daily Value not established.

Other Ingredients: Cocoa, Coconut Milk, Soluble Vegetable Fiber, Natural Vanilla Flavors, Xanthan Gum, Guar Gum, Lo Han Fruit Extract, Cinnamon.

Allergen Info: Contains Tree Nut (Coconut).

This product is manufactured in a plant that may also process milk, tree nuts, wheat and soy ingredients.

Storage: Store in a cool dry place. To ensure freshness, consume within 4 to 5 weeks of opening.

Note: Use as part of a well balanced diet. Do not use this product as your only source of nutrition.

Warning: Consult with your physician if you are pregnant, breast feeding, or if you have any medical conditions. Keep out of reach of children.

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