

# @ctrl alt del mommy 8@ CTRL Healthier Foods CTRL Healthier Foods CTRL The Best Tasting Meal Replacement Shakes CTRL.

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AtCTRLwe make healthier meals and snacks that not only give you the fuel you need for your daily grind but that actually taste incredible

Because there s no rule that says healthier foods need to be bland and forgettable and if there were we d break it Whether youre replacing breakfast powering through lunch or recovering after a workout CTRLturns every sip into something you actually look forward to

Say goodbye to bland boring shakes and hello to the best meal replacementwhere flavor meets function in perfect harmony Sep 3 2025 Thats where we come in.CTRLis here to help you snack smarter without sacrificing flavor or fun

Think of us as the dope friend whos got your back when your stomach starts growling Our Meal Bars boast 15g of protein each. We put taste first atCTRL and hit with protein as an added benefit

How did we make protein bars not taste like cardboard? By making something that tastes great first and adding the protein as a secondary benefit. We don t make gym food we make better food CTRLprotein cookies are a perfect blend of delicious taste and functional nutrition

Unlike traditional cookies our cookies contain 15g of protein 4g of collagen and 4g of fiber making them a healthy and satisfying snack option CTRLshakes can be consumed as a healthy snack or a post workout recovery drink

They provide a good balance of protein carbohydrates and other nutrients to help replenish your energy levels and support muscle repair Mix 2 scoops 1 meal ofCTRLMeal Replacement powder with 10 14 oz of water or milk of choice. Vary the amount of liquid to reach desired taste and consistency

Shake thoroughly for 20 seconds and enjoy! DoCTRL meal replacement shakes really only have 1g of sugar? Heck yeah they do! All of our shakes only have a single gram of sugar but you wouldn t know it from the taste. What makesCTRL protein cookies different from the rest? The taste

Full stop Our Meal Bars boast 15g of protein each. We put taste first atCTRL and hit with protein as an added benefit. How did we make protein bars not taste like cardboard? By making something that tastes great first and adding the protein as a secondary benefit

We don t make gym food we make better food Sep 3 2025 TheCTRLteam is stacked with international superstars gaming world champions and some of the best content creators in the game working together to take over the world with healthier foods.

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