

Protein Drink Guide

We use **12 fl oz whey based protein shakes with 30g of protein** (like Premier Protein Shakes) as they're commonly quite cost-effective, accessible, and absorbed well by the body. Different shakes used different ingredients like sweeteners, protein sources, etc. There is no "best" choice. Experiment and see what you enjoy and feels best! Feel free to choose another option. Here are a few swaps and how they differ:



*These options are the closest to what we use both nutritionally and taste wise. Individual brands can vary.



ORGAIN, QUEST, ALANI

All whey based similar options.



*These options have more nutritional differences but can still be used as a swap! Individual brands can vary.



OWYN

Similar protein but free from top 9 allergens. Sweetened with monk fruit



FAIRLIFE

Nearly equivalent but uses ultra-filtered milk plus a lactase enzyme, and is labeled as lactose-free.



NURRI

Also nearly equivalent but made from ultra-filtered milk and treated with lactase to remove lactose



PROTEIN POWDER

Typically 1-1.5 scoops in 12 oz of water will give you a similar nutritional profile. Great for travel or simply less ingredients to store.

Protein Drink Fact Sheet

Per 11.5oz Premier Protein Shake, Any Flavor



Calories	Fat	Protein	Carbs	Fiber	Cost
160	3	30	5	3	1.6

- Protein shakes provides high-quality protein that helps **repair muscles** after activity and supports **lean body mass**.
- **Quick and easy** to add to smoothies, oatmeal, or snacks, especially when you're short on time.
- Can be **used as milk** for a feel-full protein boost.
- Protein **helps you feel full**, which can help balance hunger between meals.
- Protein is a key component of bones and, when paired with calcium and vitamin D, helps maintain **bone strength**.
- Protein slows digestion and absorption of carbohydrates, supporting **steadier blood sugar levels**.
- Tend to be higher priced than protein powder and other “whole food” sources such as chicken.