

# Protein Powder Guide

We use a **whey based ~24g/scoop protein powder** (like Optimum Nutrition Gold Standard Whey) as this type is commonly quite cost-effective, accessible, and absorbed well by the body. Different powders 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.**



## GHOST

Higher-priced whey powder but wider more unique flavors selection



## DYMATIZE

Whey powder that uses a blend of sucralose and stevia for a sweetener



## KIRKLAND

This Costco version is very similar, a bit cheaper, only comes in chocolate



## ALANI

Very similar in protein type and sweeteners, unique flavors



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



## CLEAN SIMPLE EATS

Whey based with digestive enzyme blend to ease digestion if intolerance present, no artificial sweeteners are used, a few grams less protein per serving



## ORGAIN PLANT

Uses a blend of pea, brown-rice, mung bean, and chia proteins, sweetened with erythritol + stevia, lower in protein per gram of product



## GARDEN OF LIFE

A blend of sprouted plant proteins (pea, flax, chia, lentil, etc.), sweetened with organic stevia and erythritol, very earthy taste, slightly less protein per scoop



## GREEK YOGURT OR COTTAGE CHEESE

1 cup will roughly equals 1 scoop of protein powder but will give a different texture and consistency, may not work for all recipes



## SILKEN TOFU

1 cup provides ~20g of protein, slightly less than 1 scoop of powder. Great for smoothies or baked goods, may change texture

# Protein Powder Fact Sheet

Per 1 Scoop Optimum Nutrition Gold Standard Whey, Vanilla Or Chocolate



Calories	Fat	Protein	Carbs	Fiber	Cost
120	2	24	3	0	1.27

- Protein powder 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.
- 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**.