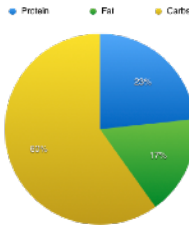
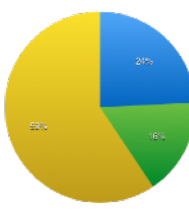
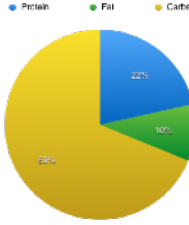
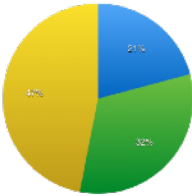
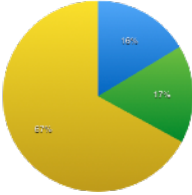
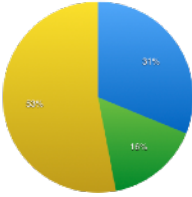
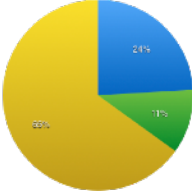
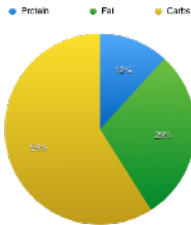
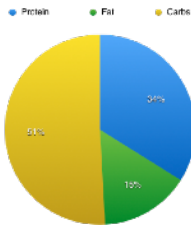


Quest for the Best - Protein Oatmeal

	Taste	Texture	Nutrition	Flavors	Ingredients	Value	Notes	Macro Content (% of total calories)
<u>Kodiak Cakes Oatmeal Unleashed</u>	Caramel (9.5): I didn't think the caramel flavor was immediately obvious, but it was deliciously sweet.	9.5 I think Kodiak Cakes did a great job with the amount of water they call for on the package - just enough to cover the oats, then microwave. The oats are still distinguishable (not mushy)), but it's still nice and creamy. The flavor chips are visible in each flavor, but don't detract from the creaminess.	<i>Per 60 g cup:</i> 240 cal 14 g protein 4.5 g fat 36 g carbs (4 g fiber, 12 g sugar)	<i>6 flavors:</i> Caramel, Chocolate Chip, Maple & Brown Sugar, Peanut Butter & Chocolate Chip, Peach Vanilla Almond, Wild Blueberry	100% whole grain rolled oats, cane sugar, semisweet chocolate chips (sugar, unsweetened chocolate cocoa butter, dextrose, sunflower lecithin), pea protein concentrate with tapioca starch, milk, protein concentrate, whey protein isolate with sunflower lecithin, cocoa, sea salt.	\$24.00 / 12 pack = \$2.00 per cup	The nutrition info and ingredients listed are for the Chocolate Chip flavor, though the macros are pretty similar for all the flavors listed.	
	Chocolate Chip (8.5): The chocolate flavor comes through nice and strong without being too sweet, although it's more of a dark chocolate flavor than milk choc.							
	Maple and Brown Sugar (9): Really solid maple flavor without being over the top sweet.							
	Peanut Butter Chocolate Chip (8.5): The peanut butter and chocolate chips melt nicely into the oatmeal and give good flavor, though the peanut butter was slightly bitter and the chocolate wasn't very noticeable.							
<u>Ideal Oats Gluten Free Protein Oatmeal to Go - Apple Cinnamon Strudel</u>	7.5 These oats are just the right level of sweet, but I wish more of the apple cinnamon flavors would come through.	10 These oats are nice and creamy without being mushy at all. The oats hold their form and the amount of water is just right - though you have to give it a minute or two to soak in after mixing everything up.	<i>Per 85 g cup:</i> 280 cal 20 g protein 6 g fat 49 g carbs (7 g fiber, 9 g sugar, includes 0 g added sugar, 10 g sugar alcohol)	<i>3 flavors:</i> Apple Cinnamon Strudel, Creamy Chocolate Raspberry, Crunchy Peanut Butter Banana	Whole Grain Rolled Oats, Milk Protein Isolate, Erythritol, Dried Apples, Pecans, Sea Salt, Natural Flavors, Monk Fruit Extract, Stevia Leaf Extract (Reb A)	\$19.99 / 6 pack = \$3.33 per cup	I don't love that this brand includes sugar alcohol in their ingredients, but I do like that you get more volume than the other top brands on this list.	
<u>thinkThin Protein & Fiber Hot Oatmeal</u>	Madagascar Vanilla, Almond, Pecans (7.5): This flavor has a good level of sweetness and although the vanilla flavor comes through, it's just a little too plain Jane for me.	7 The oats are so finely ground that they can lean toward a mushy texture, though the quinoa adds a good crunch to each flavor (as do the nuts in some flavors).	<i>Per 50 g cup:</i> 190 cal 10 g protein 2 g fat 33 g carbs (5 g fiber, 10 g sugar, includes 9 g added sugar)	<i>8 flavors:</i> Apple Spice, Banana Bread, Cinnamon Almond, Farmer's Market Berry Crumble, Honey Peanut Butter, Madagascar Vanilla Almond & Pecans, Maple Pecan, Original Sprouted Grains	Whole Grain Blend (Rolled Oats, Steel Cut Oats, Quinoa), Dried Cane Syrup, Isolated Soy Protein, Chicory Root Fiber, Dried Berry Blend (Strawberries, Blueberries, Raspberries), Natural Flavors (Contains Milk), Sea Salt.	\$10.98 / 6 cups = \$1.83 per cup	The amount of oatmeal you get per cup is on the small side - I would definitely have to add fruit or eggs to give me enough sustenance for breakfast.	
	Farmer's Market Berry Crumble (8.5): The dried (not freeze-dried) strawberries and blueberries have a lot of flavor and are a great burst of sweetness in the oatmeal.						The nutrition info and ingredients listed here are for the Farmer's Market Berry Crumble flavor.	
	Honey Peanut Butter (8): The peanut butter chips melt nicely to give way to a creamy peanut butter, but I thought the peanut butter flavor was slightly bitter (though I may be a peanut butter snob).							

	Taste	Texture	Nutrition	Flavors	Ingredients	Value	Notes	Macro Content (% of total calories)								
<u>Earnest Eats Protein & Probiotic Oatmeal</u>	<p>Champion Cherry Vanilla (8): I don't normally love cherry flavored things, but the big slices of cherries in this oatmeal won me over. It has good sweetness and the bites with cherry in it are my favorite.</p> <p>Mighty Maple (7.5): There's a nice maple flavor in there, but I thought the earthiness of all the grains and seeds toned it down a bit too much. I could use a little more sweetness.</p>	<p>7.5</p> <p>Creamy oats overall that aren't too runny or too thick. That said, there are a ton of different textures in here (seeds, grains, etc.) that can get a little overwhelming.</p>	<p><i>Per 71 g cup:</i></p> <p>300 cal 16 g protein 11 g fat 36 g carbs (5 g fiber, 10 g sugar)</p>	<p><i>4 flavors:</i></p> <p>Apple Crush Cherry Vanilla Coconut Warrior Might Maple</p>	Gluten-Free Superfood Grains (Whole Rolled Oats, Quinoa, Puffed Amaranth), Grass-Fed Whey Protein (Whey Protein, Sunflower Lecithin), Brown Sugar, Raw Sunflower Seeds, Raw Pepitas, Chopped Raw Almonds, Korintje Cinnamon, Natural Maple Extract, Sea Salt, GanedenBC30 Probiotics (Bacillus coagulans GBI-30 6086)	\$29.76 / 12 pack = \$2.48 per cup	<p>Nutrition info and ingredients listed are for the Mighty Maple flavor.</p> <p>You can also buy this in pantry bags instead of single serving cups.</p>	 <table><thead><tr><th>Macro</th><th>Percentage</th></tr></thead><tbody><tr><td>Protein</td><td>21%</td></tr><tr><td>Fat</td><td>12%</td></tr><tr><td>Carbs</td><td>32%</td></tr></tbody></table>	Macro	Percentage	Protein	21%	Fat	12%	Carbs	32%
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<u>Quaker Select Starts Protein Instant Oatmeal - Cranberry Almond</u>	<p>7.5</p> <p>There's a good level of sweetness in these oats, but otherwise I thought they were a little bland unless you ate a bite of dried cranberry.</p>	<p>7</p> <p>A little on the mushy side, though the chunks of dried cranberry and almond help break it up.</p>	<p><i>Per 62 g cup:</i></p> <p>240 cal 10 g protein 4.5 g fat 41 g carbs (5 g fiber, 13 g sugar)</p>	<p><i>2 flavors:</i></p> <p>Banana Nut Cranberry Almond</p>	Whole Grain Rolled Oats, Sugar, Whey Protein Concentrate, Almonds, Dried Cranberries, Whey Protein Isolate, Salt, Maltodextrin, Natural Flavor, Rice Flour, Vegetable Oils (Sunflower, Canola, Safflower Oil and/or Almond Oil), Soy Lecithin	\$13.63 / 12 pack = \$1.14 per cup	You can also buy these in a box of 6 pouches for \$2.46.	 <table><thead><tr><th>Macro</th><th>Percentage</th></tr></thead><tbody><tr><td>Protein</td><td>16%</td></tr><tr><td>Fat</td><td>22%</td></tr><tr><td>Carbs</td><td>17%</td></tr></tbody></table>	Macro	Percentage	Protein	16%	Fat	22%	Carbs	17%
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<u>Powerful Oatmeal - Maple & Brown Sugar</u>	<p>6.5</p> <p>I thought the maple and brown sugar flavors weren't very noticeable in the oatmeal and the taste of whey was pretty obvious. It could use a bit more sweetness.</p>	<p>7</p> <p>Pretty mushy and the directions on the cup don't call for enough water to get a normal oatmeal consistency - this kind of turned into a blob as you can see.</p>	<p><i>Per 65 g cup:</i></p> <p>240 cal 20 g protein 4.5 g fat 34 g carbs (4 g fiber, 9 g sugar, includes 8 g added sugar)</p>	<p><i>8 flavors:</i></p> <p>Apple Cinnamon, Banana, Berries & Cream, Blueberry & Vanilla, Cranberry Orange, Maple & Brown Sugar, Peaches and Cream, Peanut Butter & Honey</p>	Rolled oats, whey protein concentrate, milk protein isolate, fructose, brown sugar, natural flavor, pecans, pure maple, syrup, salt, stevia.	\$11.99 / 6 cups = \$2.00 per cup	Although it's not my favorite tasting oatmeal in this lineup, you do get a good amount of oatmeal in each cup and good macros.	 <table><thead><tr><th>Macro</th><th>Percentage</th></tr></thead><tbody><tr><td>Protein</td><td>31%</td></tr><tr><td>Fat</td><td>22%</td></tr><tr><td>Carbs</td><td>16%</td></tr></tbody></table>	Macro	Percentage	Protein	31%	Fat	22%	Carbs	16%
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<u>Better Oats Steel Cut Instant Oatmeal with Flax Seeds - Maple & Brown Sugar</u>	<p>7.5</p> <p>Some maple and brown sugar flavor, though it tasted a bit bland to me.</p>	<p>6.5</p> <p>I tried to judge this with the understanding that steel cut oats have a different texture, but I just thought it was overall mushy, though it had little bits of nice chewiness in there.</p>	<p><i>Per 45 g pouch:</i></p> <p>160 cal 10 g protein 2 g fat 27 g carbs (3 g fiber, 10 g sugar)</p>	<p><i>1 flavor:</i></p> <p>Maple & Brown Sugar</p>	Whole Grain Steel Cut Oats, Isolated Soy Protein, Brown Sugar, Sugar, Wheat Protein Isolate, Natural & Artificial Flavor, Flaxseed, Salt	\$2.99 / box of 8 pouches = \$0.37 per pouch	This company makes several other flavors of oatmeal, but if you want the higher protein option, you need to look for the box that highlights the protein content on the front.	 <table><thead><tr><th>Macro</th><th>Percentage</th></tr></thead><tbody><tr><td>Protein</td><td>24%</td></tr><tr><td>Fat</td><td>22%</td></tr><tr><td>Carbs</td><td>14%</td></tr></tbody></table>	Macro	Percentage	Protein	24%	Fat	22%	Carbs	14%
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<u>Picky Oats</u> <u>Performance</u> <u>Oatmeal</u>	<p>Can't Beet Chocolate (5.5): A little bland, but with a bitter aftertaste from the earthiness of the beets. I smelled the chocolate in there but had to hunt to find the chips.</p> <p>Game, Set, Matcha! (4): I like matcha, but putting it in oatmeal was just a little too weird for me. It's just too subtle of a flavor for oatmeal. The bites of goji berry helped bring some brightness, but it wasn't enough.</p> <p>How 'Bout Dem Apples? (6.5): I thought this one was pretty bland. There were chunks of apples and nuts, but it needed sweetness and maybe some cinnamon.</p>	<p>7.5</p> <p>These oats can get a little sticky with the chia seeds in there if you let it sit too long. I was surprised that I really didn't mind the use of all the other textures in here besides oats (like the coconut, date, and almonds).</p>	<p><i>Per 80 g cup:</i></p> <p>325 cal 10 g protein 11 g fat 50 g carbs (8 g fiber, 14 g sugar, includes 3 g added sugar)</p>	<p><i>3 flavors:</i></p> <p>Can't Beet Chocolate, Game, Set, Matcha!, How 'Bout Dem Apples</p>	<p>Organic rolled oats, organic almonds, organic chia seeds, organic dates, organic dried apples, organic coconut sugar, sea salt, organic cinnamon, organic ginger</p>	<p>\$20.95 / 6 pack = \$3.49 per cup</p>	<p>The nutrition info and ingredients listed here are for the How 'Bout Dem Apples? flavor.</p> <p>One thing I really like about this brand is just how big of a serving you get! Even if it has higher calories, it's a more realistic serving for me as a meal than some of the other "single serve" cups.</p>	 <table><thead><tr><th>Macro</th><th>Percentage</th></tr></thead><tbody><tr><td>Protein</td><td>12%</td></tr><tr><td>Fat</td><td>29%</td></tr><tr><td>Carbs</td><td>59%</td></tr></tbody></table>	Macro	Percentage	Protein	12%	Fat	29%	Carbs	59%
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<u>PEScience Select Protein 4 Oats - Apple Cinnamon</u>	<p>4</p> <p>This mix is wayyy too sweet and fake tasting for me. I didn't really get much of the apple flavor but could taste and smell the fake cinnamon big time.</p>	<p>8</p> <p>Using this powder as a mix in to your oats leaves you with thick and creamy oats, though I thought they were a bit sticky.</p>	<p><i>Per 20.5 g powder with 40 g rolled oats:</i></p> <p>230 cal 20 g protein 4 g fat 30 g carbs (4 g fiber, 2 g sugar)</p>	<p><i>3 flavors:</i></p> <p>Apple Cinnamon, Maple & Brown Sugar, Peanut Butter & Honey</p>	<p>Select Protein Blend [Milk Protein Isolate (Comprised of Casein and Whey), Whey Protein Concentrate 80%], Natural Flavors, Salt, Sucralose, Acesulfame Potassium</p>	<p>\$12.99 / 12 servings = \$1.08 per serving</p>	<p>This is actually a protein powder blend that you mix into already cooked oats. I mixed 1/2 cup (40 grams) of rolled oats with a generous 1/2 cup of water and microwaved them for 1 minute, then mixed this stuff in to get what you see in the picture.</p>	 <table><thead><tr><th>Macro</th><th>Percentage</th></tr></thead><tbody><tr><td>Protein</td><td>34%</td></tr><tr><td>Fat</td><td>10%</td></tr><tr><td>Carbs</td><td>56%</td></tr></tbody></table>	Macro	Percentage	Protein	34%	Fat	10%	Carbs	56%
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