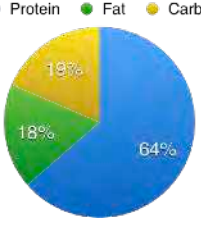
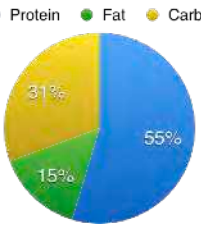
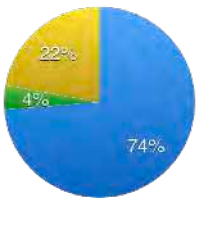
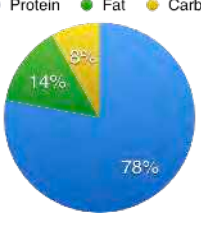
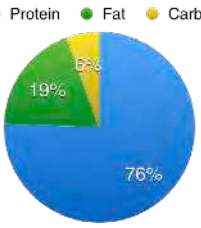
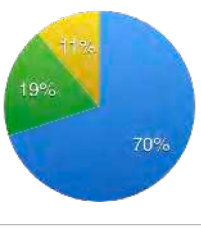
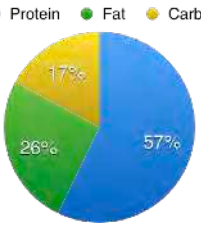
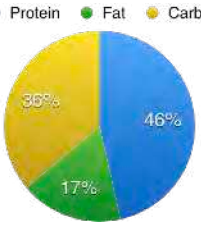
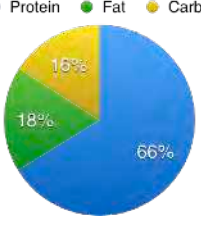
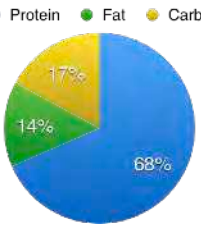
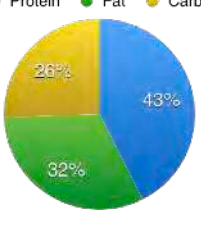
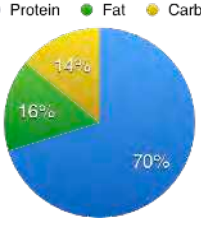
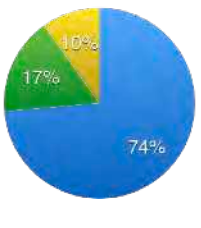


Quest for the Best - Non-Dairy Protein Powder

	Taste	Texture	Nutrition	Flavors	Ingredients	Value	Notes	Macro Content (% of total calories)
Optimum Nutrition Gold Standard 100% Plant Protein - Chocolate	8.5 This shake does a pretty good job of masking that pea protein flavor, although the chocolate flavor isn't as deep as I would like it to be. The sweetness level is pretty good, though it borders on too sweet.	9 Still not as smooth as I would like, but a lot better than most of the other brands in this category.	<i>Per 38 g serving:</i> 150 cals 24 g protein 3 g fat 7 g carbs (2 g fiber, 1 g sugar)	2 flavors: Chocolate Vanilla	Plant Protein Blend (Organic Pea Protein, Organic Brown Rice Protein, Organic Sacha Inchi Protein), Organic Cocoa Powder (Processed with Alkali), Natural Flavor, Organic Natural Flavor, Organic Stevia Leaf Extract, AncienTrim Organic Grain Blend (Organic Amaranth, Organic Quinoa, Organic Buckwheat, Organic Millet, Organic Chia), Organic Guar Gum, Xanthan Gum, Ascorbic Acid, Organic Gum Arabic, Salt, Organic Pomegranate Powder, Cyanocobalamin	\$29.99 / 1.59 lb = \$1.58 per serving	I also tried the vanilla flavor of this brand and it was pretty tasty. There's a slight pea protein flavor that still comes through but it's not bad. Amazon offers sample packs of this protein for \$2.00 each.	
GNC Total Lean Vegan Lean Shake - Natural Chocolate	9 FINALLY! A vegan shake that actually has some chocolate flavor to it! It has the very faintest pea protein flavor, but the shake is still tasty.	9 I wouldn't say it's quite as smooth as I would like since it still has a slight grittiness to it, but much better than some other brands in this category.	<i>Per 48.5 g serving:</i> 180 cals 25 g protein 3 g fat 14 g carbs (9 g fiber, 2 g sugar)	2 flavors: Chocolate Vanilla	Non-GMO Protein Blend (Brown Rice Protein, Pea Protein, Whole Grain Quinoa, Navy Bean Powder), Inulin, Natural Flavors, Cocoa (Processed with Alkali), Medium Chain Triglycerides, Vitamin and Mineral Blend, Xanthan Gum, Crystalline Fructose, Acacia (Gum Arabic), Guar Gum, Reb A (Stevia Leaf Extract), VitaVeggie® Vegetable Powder Blend, Apple Pectin, Papain, Bromelain	\$39.99 / 1.65 lb = \$2.50 per serving	Although I liked the taste of this brand a little bit more than the Optimum Nutrition one, I picked the other one as the winner because of the macros and price point per serving.	
PE Science Select Vegan Protein - Chocolate Bliss	8.5 There's not much of a pea protein flavor in this shake - the chocolate masks it pretty well. My biggest complaint is that there's a noticeable Stevia aftertaste.	9 The texture is in line with my other top picks for plant based protein powders. It's got a bit of grit, but not bad.	<i>Per 34 g serving:</i> 110 cals 20 g protein 0.5 g fat 6 g carbs (2 g fiber, 0 g sugar)	5 flavors: Chocolate Bliss, Cinnamon Delight, Peanut Butter Delight, Vanilla Indulgence, Wild Berry	Pea Protein Concentrate, Brown Rice Protein Concentrate, Natural Flavor, Cocoa Powder (alkali processed), Stevia Extract, Salt, Guar Gum	\$29.99 / 2 lbs = \$1.11 per serving	You can buy 7 serving sample canisters of this brand on Amazon to try it out before investing in a bigger size.	
Nuzest Clean Lean Protein - Rich Chocolate	8 I have to say that I was pleasantly surprised by the flavor of this powder considering the ingredients list. I really couldn't taste a pea protein flavor, but I also didn't think the chocolate flavor was rich enough.	9.5 Pretty smooth overall. My only complaint was quite a bit of foam sitting on top after shaking it up with water.	<i>Per 25 g serving:</i> 90 cals 19 g protein 1.5 g fat 2 g carbs (1 g fiber, 0 g sugar)	5 flavors: Chai Turmeric Maca Coffee Coconut Real Coffee Rich Chocolate Smooth Vanilla Vanilla Matcha Wild Strawberry	Pea Protein Isolate, Cacao Powder, Natural Vanilla Flavor, Natural Chocolate Flavor, Thaumatin	\$44.95 / 1.1 lb = \$2.25 per serving	Amazon offers sample packs for \$3.50 each. This protein is also high in sodium, ringing in at 338 mg per serving! Thaumatin is said to be a sweetener in the same category as monk fruit and stevia. It's derived from katemfe fruit found in Africa.	

	Taste	Texture	Nutrition	Flavors	Ingredients	Value	Notes	Macro Content (% of total calories)
Tone It Up Organic Plant Based Protein - Vanilla	7.5 The vanilla flavor really comes through in this shake, helped along by a good amount of sweetness. There is a little bit of a cardboard-y aftertaste though.	9 Smoother than a lot of plant based shakes, though there is still some grittiness to it.	<i>Per 32 g serving:</i> 90 cal 15 g protein 2 g fat 4 g carbs (1 g fiber, 0 g sugar)	2 flavors: Chocolate Vanilla	Organic Protein Blend (Organic Pea Protein Isolate, Organic Pumpkin Seed Protein), Natural Flavors, Organic Natural Flavors, Organic Guar Gum, Organic Monk Fruit Extract, Sea Salt	\$32.99 / 11.36 oz tub = \$2.20 per serving	You can also find this brand at Target.	
Orgain Organic Plant Based Protein Powder - Creamy Chocolate Fudge	7 I was pretty excited to taste this since it smelled so chocolaty in the tub...but then I was hit immediately with a cardboard taste when I drank it. There's still some good chocolate flavor and the right amount of sweet, but it's hard to get past that cardboard taste.	8.5 Not terribly gritty.	<i>Per 46 g serving:</i> 150 cal 21 g protein 4 g fat 15 g carbs (7 g fiber, 0 g sugar, 5 g erythritol)	5 flavors: Chocolate Peanut Butter, Cookies and Cream, Creamy Chocolate Fudge, Peanut Butter, Vanilla Bean	Orgain Organic Protein Blend (Organic Pea Protein, Organic Brown Rice Protein, Organic Chia Seed), Orgain Organic Creamer Base (Organic Acacia Gum, Organic High Oleic Sunflower Oil, Organic Inulin, Organic Rice Dextrins, Organic Rice Bran Extract, Organic Rosemary Extract), Organic Erythritol, Organic Natural Flavors, Organic Alkalized Cocoa, Natural Flavor, Sea Salt, Organic Acacia Gum, Organic Guar Gum, Organic Stevia, Xanthan Gum	\$26.99 / 2.03 lb tub = \$1.35 per serving	I probably wouldn't buy this one again...if it tasted awesome, I might be able to get past the macros and the sugar alcohol in there. That said, I did drink the entire tub.	
HPN Pro Zero Organic Plant Protein - Chocolate Frosting	7 This one tastes better than most of the other vegan powders. However, it hits you immediately with a sweet shock, but then you really don't get much chocolate flavor at all. I can still detect the pea protein taste too.	8.5 This one is not as thick as others and it's not as gritty either. I think those are both good things in this product category.	<i>Per 30.3 g serving:</i> 100 cal 20 g protein 3 g fat 2 g carbs (1 g fiber, 0 g sugar)	6 flavors: Blueberry Scone Chai Latte Chocolate Frosting Cinnamon Roll with Frosting Vanilla Frosting Strawberry Jam	Organic Brown Rice Protein, Organic Pea Protein, Natural Flavors, Xanthan Gum, Cacao, Lohan Guo (fruit) Extract, Stevia Leaf Extract, Solec F, Guar Gum Rice Bran	\$49.99 / 25 servings = \$2.00 per serving	The cinnamon roll flavor is pretty good - it's like a cinnamon cream type flavor, not just straight cinnamon. Chai latte is good too - though not as much spice as I would have liked.	
Plant Fusion Complete Plant Protein - Chocolate	7.5 Again, not much chocolate flavor but the sweetness of this powder is just right. The pea protein flavor is pretty muted and I honestly didn't mind it with this brand for some reason.	8.5 Compared to the other plant protein powders, this one does the best with the texture. There is still a slight grittiness, but not as bad as others. It gets a bit of foam when you shake it up, but that goes away pretty quickly.	<i>Per 30 g serving:</i> 120 cal 21 g protein 2 g fat 4 g carbs (4 g sugar)	5 flavors: Chocolate Chocolate Raspberry Cookies n' Cream Vanilla Bean Unflavored	PlantFusion Amino Acid Infused Protein Blend: (Pea Protein Isolate, Artichoke Protein, Organic Sprouted Amaranth Powder and Organic Sprouted Quinoa Powder), PlantFusion Proprietary Enzyme Blend: Bromelain and Alpha Galactosidase with other naturally occurring enzymes. Other Ingredients: Fructose, Natural Vanilla Flavor, Stevia, Silica and Guar Gum	\$34.99 / 2 lb = \$1.17 per serving	This brand is a great option for a plant protein and if you wanted to add more chocolate flavor, you could just shake it up with some dutch cocoa powder. Plus, the macros are on point for a plant protein.	
Jay Robb's Egg White Protein Powder - Chocolate	7.5 After drinking so many pea-protein based shakes, this one was a nice break from that distinct flavor. However, the chocolate flavor was barely there and mostly all I got was an overwhelming sweetness from the Stevia.	8 The egg white powder dissolves easily into water, but if you use a shaker, you'll end up with a mile high foam pile on top of your shake.	<i>Per 33 g serving:</i> 120 cal 24 g protein 0 g fat 4 g carbs (0 g fiber, 0 g sugar, 2 g sugar alcohols)	4 flavors: Chocolate Strawberry Vanilla Unflavored	Egg albumin, xylitol, natural flavor, xanthan gum, non-GMO sunflower lecithin, and stevia	\$48.95 / 24 oz bag = \$2.33 per scoop	I tried this out in some hot protein oatmeal and it acted like you would expect egg whites to act... they cooked.	

	Taste	Texture	Nutrition	Flavors	Ingredients	Value	Notes	Macro Content (% of total calories)
BN Labs Vegan Protein - Caramel Latte	6.5 I can tell that they're going for the caramel latte flavor here, but it's just overpowered by the pea protein taste. It could also afford to be slightly sweeter.	7.5 Not too gritty, but it thickens up more than I care for after mixing it.	<i>Per 36 g serving:</i> 143 cal 27 g protein 3 g fat 2 g carbs (2 g fiber, 0 g sugar)	4 flavors: Caramel Latte Chocolate Fudge Mixed Berry Vanilla	Protein Blend (Organic Pea Protein Isolate, Organic Brown Rice Protein, Organic Hemp Protein, Organic Spirulina Powder), Organic Guar Gum, Natural Flavors, Organic Stevia, Organic Coconut Cream	\$49.99 / 30 servings = \$1.67 per serving	Amazon offers samples for \$4.50 each. One thing that's kind of weird about this protein is the sodium level - there's 300 mg of sodium per serving!	
ProMix Complete Plant Based Vegan Protein - Raw Chocolate	6.5 Has a decent chocolate flavor but it's overpowered by the pea protein taste.	7 Pretty gritty. A simple shaker doesn't get rid of all the clumps, plus it gets a layer of foam on top.	<i>Per 31 g serving:</i> 150 cal 25 g protein 3 g fat 4 g carbs (3 g fiber, 0 g sugar)	2 flavors: Chocolate Vanilla	Organic Pea Protein, Organic Sprouted Brown Rice Protein, Raw Organic Cocoa, Monk Fruit	\$21.99 / 14 servings = \$1.57 per serving	Amazon offers sample packs for \$3.99 each.	
Vega Essentials Shake - Chocolate	6 I think the flavor of this is slightly better than the Vega Sport shake, but there's still that persistent pea protein taste and overall lack of chocolate flavor.	7 Pretty similar texture to Vega Sport.	<i>Per 34 g serving:</i> 140 cal 20 g protein 4 g fat 6 g carbs (4 g fiber 1 g sugar)	3 flavors: Chocolate Mocha Vanilla	Pea Protein, Whole Flaxseed (Micro Milled), Organic Acacia Gum (Naturally Occurring Fiber), Hemp Protein, Broccoli, Fruit & Vegetable Blend (Quinoa, Acerola Cherry, Carrot, Sunflower Seed Oil, Spinach, Broccoli, Beet, Tomato, Apple, Cranberry, Orange, Blueberry, Strawberry, Mushroom), Inulin (from Chicory Root), Kale, Marine Algae Calcium, Spirulina, Bromelain (from Pineapple). Contains 2 percent or less of: Natural Chocolate Flavor, Natural Vanilla Flavor, Natural Almond Flavor, Sea Salt, Stevia Extract, Monk Fruit Extract, Xanthan Gum	\$35.14 / 1 lb tub = \$1.95 per serving	Vega adds lots of extra fruit and vegetable extracts, which makes their ingredients list a mile long.	
OLLY Protein + Slim Boost Protein Powder - Salted Caramel Chocolate	5 There's a hint of sweetness as well as chocolate and caramel flavor in there, but mostly it tastes like cardboard.	8.5 A little bit gritty as it hits the back of your throat but not bad.	<i>Per 40 g serving:</i> 150 cal 18 g protein 3 g fat 14 g carbs (5 g fiber 5 g sugar, includes 5 g added sugar)	4 flavors: Peanut Butter, Pure Chocolate, Salted Caramel Chocolate, Velvet Vanilla	Protein Blend (Pea Protein, Golden Chlorella, Flax Seed), Sweetening Blend [Cane Sugar, Coconut Juice Powder, Stevia], Prebiotic Fiber (From Cassava Root), Cocoa Powder, Natural Flavors, Salt, Blood Orange Extract, Guar Gum, Apple Fiber, Fruit and Vegetable Nutrient Extract Blend [Spinach, cherry, Carrot, Broccoli, Beet, Tomato, Apple, Cranberry, Orange, Blueberry, Strawberry, Mushroom].	\$33.99 / 1lb 5.2oz tub = \$2.27 per serving	There is a whole line of different types of protein powder, like Slim Boost, Protein Smoothies, Probiotic Protein Shakes, etc.. You can also find at Target. I believe that Slim Boost is being replaced by a line of plain Plant Powered Protein, which has a similar ingredients list but without all the extracts and fiber (read: fewer carbs, fewer calories).	
LyfeFuel Clean & Lean Recovery Shake - Chocolate	5 There might be a hint of chocolate flavor in there, but mostly it tastes like cardboard.	8.5 A little bit gritty but not bad.	<i>Per 37 g serving:</i> 140 cal 25 g protein 3 g fat 6 g carbs (2 g fiber, 2 g sugar, includes 2 g added sugar)	2 flavors: Chocolate Vanilla Chai	Pea protein isolate, brown rice protein, quinoa, natural cocoa, coconut sugar, pea starch, natural flavors, Creamer (high oleic sunflower oil, acacia gum, brown rice syrup, natural flavors, sunflower lecithin, silicon dioxide, D alpha tocopherols), stevia, magnesium citrate, xanthan gum, luohan go	\$29.95 / 1 lb bag = \$2.14 per serving		

	Taste	Texture	Nutrition	Flavors	Ingredients	Value	Notes	Macro Content (% of total calories)
Sunwarrior Warrior Blend Plant-Based Organic Protein - Chocolate	5.5 The chocolate flavor comes through slightly despite the pea protein, but I get this odd cherry lozenge aftertaste. Complete with the tongue tingling sensation.	7.5 It's not overly thick, but it is still pretty gritty.	<i>Per 25 g serving:</i> 100 cal 16 g protein 1.5 g fat 4 g carbs (3 g fiber, 0 g sugar)	4 flavors: Berry Chocolate Mocha Vanilla	Proprietary Protein Blend (Organic Pea Protein, Organic Hemp Protein, Organic Goji Berry), Organic Cocoa, Organic Chocolate Flavor, Organic Guar Gum, Sea Salt, Organic Stevia Leaf Extract, Organic Whole Ground Coconut	\$35.99 / 1.65 lb tub = \$1.20 per serving	In order to get the same level of protein and serving weight, you'd really need about 1.5 scoops. That would result in a price per serving of about \$1.80.	
Ideal Raw Organic Plant Protein - Chocolate	6.5 The level of sweetness in this shake is good, but the chocolate flavor is overpowered by a cardboard-y flavor.	6 Pretty gritty and a bunch of little chunks are left over even after shaking vigorously.	<i>Per 32 g scoop:</i> 130 cal 15 g protein 5 g fat 9 g carbs (4 g fiber, 2 g sugar)	6 flavors: Banana Almond Chocolate Chocolate Peanut Butter Mocha Superberry Vanilla	IdealRaw Plant Protein Blend (Organic Rice Protein, Organic Pea Protein, Organic Coconut Protein, Organic Chia Protein, Organic Sunflower Protein, Organic Golden Flax Protein, Organic Pumpkin Protein), Organic Coconut Milk Powder, Organic Cocoa Powder, Natural Flavoring, Sodium Chloride, Organic Stevia, Organic SuperFoods Blend (Organic Cranberries, Organic Pomegranate, Organic Broccoli, Organic Wheat Grass, Organic Beet Powder)	\$44.99 / 2.12 lbs = \$1.50 per serving	You can buy samples on the Ideal Raw website.	
Vega Sport Performance Protein - Chocolate	5 This has a really odd taste to it. I think it might be the pea protein that's throwing me off, but I really don't get much of a chocolate flavor.	7 This makes a really thick and creamy shake, but it does have a slight grittiness to it.	<i>Per 44 g serving:</i> 160 cal 30 g protein 3 g fat 6 g carbs (3 g fiber, 1 g sugar)	4 flavors: Berry Chocolate Mocha Vanilla	Pea protein, Cocoa powder, Pumpkin seed protein, Organic sunflower seed protein, Alfalfa protein, Tart cherry, Probiotics (Bacillus coagulans [provides 1 billion cfu/serving]) Bromelain, Turmeric extract, Black Pepper extract, Contains less than 2% of: Beetroot powder (for color), Sea salt, Natural chocolate flavor, Natural vanilla flavor, Natural caramel flavor, Stevia extract, Xanthan gum	\$41.29 / 19 servings = \$2.17 per serving	Amazon offers sample packs for \$2.00 each.	
Garden of Life Sport Organic Plant Based Protein - Chocolate	5 A very slight improvement over the raw version of this brand. That pea protein flavor still shines through the very faintest chocolate flavor.	6.5 Pretty gritty, but not as bad as the raw version.	<i>Per 21 g serving:</i> 15 g protein 1.5 g fat 2 g carbs (1 g fiber, 0 g sugar)	2 flavors: Chocolate Vanilla	Organic Performance Protein Blend: Organic Pea Protein, Organic Sprouted Navy Bean, Organic Sprouted Lentil Bean, Organic Sprouted Garbanzo Bean, Organic Cranberry Protein (seed) Organic Flavor Blend: Organic Vanilla Flavors, Organic Stevia Extract (leaf), Sea Salt Organic Muscle Recovery Blend: Organic Apple (fruit pulp), Organic Tart Cherry (fruit), Organic Turmeric (root), Organic Blueberry (fruit), Organic Goji Berry (fruit)	\$35.54 / 1 lb tub = \$0.94 per serving	The price per serving, at least when compared against the other brands, is misleading here. You really would need to take about 1 1/2 scoops to get to the same serving size / protein content as the other brands, which would leave you with about \$1.40 per serving.	

	Taste	Texture	Nutrition	Flavors	Ingredients	Value	Notes	Macro Content (% of total calories)								
Garden of Life Raw Organic Protein - Chocolate	4.5 This one smells like it's going to be nice and chocolatey, but then all I can taste is the pea protein.	6 Quite gritty.	<i>Per 33 g serving:</i> 130 cal 22 g protein 2.5 g fat 5 g carbs (3 g fiber, 0 g sugar)	<i>4 flavors:</i> Chocolate Unflavored Vanilla Vanilla Chai	Raw Organic Protein Blend: Organic Pea Protein, Organic Sprouted Brown Rice Protein, Organic Amaranth Sprout, Organic Buckwheat Sprout, Organic Millet Sprout, Organic Cracked Wall Chlorella, Organic Quinoa Sprout, Organic Chia Seed Sprout, Organic Garbanzo Bean Sprout, Organic Lentil Sprout, Organic Adzuki Bean Sprout, Organic Flax Seed Sprout, Organic Sunflower Seed Sprout, Organic Pumpkin Seed Sprout, Organic Sesame Seed Sprout, Organic Flavor Blend: (Organic Cacao, Organic Chocolate Flavors, Organic Erythritol, Sea Salt, Organic Stevia Extract (leaf), Organic Vanilla Flavor), Organic Guar Gum, Organic Carob Bean Gum, Raw Probiotic & Enzyme Blend: Lipase, Protease, Aspergillopepsin, beta-Glucanase, Cellulase, Bromelain, Phytase, Lactase, Papain, Peptidase, Pectinase, Hemicellulase, Xylanase, [Lactobacillus acidophilus, Lactobacillus plantarum, Lactobacillus bulgaricus] (3 Billion CFU)	\$32.89 / 1 lb 7 oz tub = \$1.64 per serving	This is another mile long ingredients list thanks to lots of added fruits/vegetables and a probiotic/enzyme blend.	<p>● Protein ● Fat ● Carbs</p> <table border="1"> <tr> <th>Macro</th> <th>Percentage</th> </tr> <tr> <td>Protein</td> <td>67%</td> </tr> <tr> <td>Fat</td> <td>17%</td> </tr> <tr> <td>Carbs</td> <td>15%</td> </tr> </table>	Macro	Percentage	Protein	67%	Fat	17%	Carbs	15%
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