

Quest for the Best - Ready to Drink Protein Shake

	Taste	Texture	Nutrition	Flavors	Ingredients	Value	Notes	Macro Content (% of total calories)
<p>Iconic Protein Drink - Cafe Au Lait Flavor</p>	<p>10 This tastes like one of those bottled Starbucks frappuccinos! Delicious - you'd never think it was a protein drink.</p>	<p>8.5 Pretty average texture. Nice and smooth, not gritty or anything weird. I was expecting it to be a little creamier but it's still really good.</p>	<p>Per 11.5 fl oz bottle: 130 calories 20 g protein 2 g fat 8 g carbs (4 g fiber, 3 g sugar)</p>	<p>3 flavors: Cafe Au Lait Chocolate Truffle Vanilla Bean</p>	<p>Water, Grass Fed Milk Protein Isolate, Colombian Coffee, Organic blue agave, Chicory Root, Natural Flavors, Vegetable Glycerin, Sunflower Oil, Sunflower Lecithin, Organic Locust Bean Gum, Gellan Gum, Monkfruit, Stevia Leaf Extract, Sea Salt, Vitamin B12, Magnesium Phosphate, Potassium Citrate, Sodium Phosphate.</p>	<p>\$35.97 / 12 pack = \$2.99 per bottle</p>	<p>The price is a little steep on these drinks, but you're paying for the quality ingredients - grass fed protein and no artificial sweeteners. It's really convenient if you're in a pinch and honestly a nice treat. Of all 3 flavors, Cafe Au Lait was my favorite. The chocolate was a little weak for my taste, but luckily not too sweet. Found this in the protein section at HEB, but you can get them on Amazon too.</p> <p>Good in hot coffee? Yes.</p>	
<p>Premier Protein - Chocolate</p>	<p>9 This shake has the right amount of chocolate and sweetness. It's more of a milk chocolate flavor, plus a hint of artificial aftertaste.</p>	<p>10 Probably the creamiest shake I tried. It's got the consistency that I was expecting to see more of, though I guess it's more along the lines of a meal replacement type shake.</p>	<p>Per 11 oz carton: 160 cal 30 g protein 3 g fat 5 g carbs (3 g fiber, 1 g sugar)</p>	<p>5 flavors: Banana Caramel Chocolate Strawberry Vanilla</p>	<p>Water, Premier Protein Shake Protein Blend (Milk Protein Concentrate, Calcium Caseinate, Whey Protein Concentrate), Cocoa Powder (processed with alkali), Contains 1% or less of the following: High Oleic Sunflower Oil, Inulin, Cellulose Gel and Cellulose Gum, Magnesium Phosphate, DATEM, Salt, Natural and Artificial Flavors, Sucralose, Acesulfame Potassium, Carrageenan, Vitamin and Mineral Blend (Sodium Ascorbate [Vitamin C], dl-alpha Tocopheryl Acetate [Vitamin E], Zinc Amino Acid Chelate, Biotin, Vitamin A Palmitate, Niacinamide, Potassium Iodide, Copper Amino Acid Chelate, Calcium D-Pantothenate, Chromium Chloride, Cyanocobalamin [Vitamin B12], Phytonadione [Vitamin K], Sodium Molybdate, Sodium Selenite, Folic Acid, Cholecalciferol [Vitamin D3], Pyridoxine Hydrochloride [Vitamin B6], Thiamine Mononitrate [Vitamin B1], Riboflavin [Vitamin B2]), Ferric Orthophosphate, Manganese Sulfate, Tripotassium Phosphate, Dipotassium Phosphate, Sodium Polyphosphate</p>	<p>\$7.99 / 4 pack = \$2.00 per bottle</p>	<p>I've seen a lot of hype around this protein shake. It's pretty good, but I don't think I would buy it again (unless I'm in a pinch) because of the ingredients list. That's something you'll have to consider for yourself and make your own call though!</p> <p>Good in hot coffee? Yes, and works like regular creamer.</p>	

	Taste	Texture	Nutrition	Flavors	Ingredients	Value	Notes	Macro Content (% of total calories)
<u>PowerBar Protein Shake - Chocolate</u>	10 This shake tastes like delicious chocolate milk. It's got the perfect amount of sweetness and a good milk chocolate flavor.	8.5 Average. The consistency of this shake looks a little thin when you pour it out, but when you taste it, it's got a nice creamy texture.	<i>Per 14 oz bottle:</i> 160 cal 30 g protein 3 g fat 5 g carbs (3 g fiber, 2 g sugar)	<i>2 flavors:</i> Chocolate Vanilla	Water, PowerBar Shake Protein Blend (Milk Protein Concentrate, Calcium Caseinate, Whey Protein Concentrate), Cocoa Powder (Processed with Alkali), Contains 1% or Less of the Following: High Oleic Sunflower Oil, Inulin, Cellulose Gel and Cellulose Gum, DATEM, Salt, Natural and Artificial Flavors, Sucralose, Acesulfame Potassium, Carrageenan. Vitamin and Mineral Blend: (Zinc Amino Acid Chelate, dl-Alpha Tocopheryl Acetate [Vitamin E], Ferric Orthophosphate, Vitamin A Palmitate, Niacinamide, Copper Amino Acid Chelate, Calcium D-Pantothenate, Chromium Chloride, Phytonadione [Vitamin K], Sodium Molybdate, Sodium Selenite, Manganese Sulfate, Cholecalciferol [Vitamin D3], Biotin, Pyridoxine Hydrochloride [Vitamin B6], Thiamine Mononitrate [Vitamin B1], Potassium Iodide, Riboflavin [Vitamin B2], Cyanocobalamin [Vitamin B12], Folic Acid), Magnesium Phosphate, Sodium Ascorbate (Vitamin C), Tripotassium Phosphate, Dipotassium Phosphate, Sodium Polyphosphate.	\$39.88 / 12 pack = \$3.32 per bottle	Like several other shakes, this one has the same sugar substitutes, artificial flavors, and carrageenan that I like to avoid. It also has a MASSIVE ingredients list because of the vitamins and minerals they add. But if I'm in a pinch, this is a shake that I know I like the flavor of, plus you get a bit more volume (14 oz vs 11 oz for most other brands).	
<u>Evolve Plant Powered Protein Shake - Classic Chocolate</u>	9 I was surprised by how good this drink was, especially for something plant-based. The chocolate flavor is nice and it's not too sweet.	8.5 Average.	<i>Per 11 oz carton:</i> 160 cal 20 g protein 1 g fat 19 g carbs (10 g fiber, 6 g sugar)	<i>4 flavors:</i> Classic Chocolate Ideal Vanilla Mellow Mocha Toasted Almond	Water, Pea Protein, Soluble Vegetable Fiber, Alkalized Cocoa Powder, Less than 1% of: Organic Cane Sugar, Natural Flavors, Gellan Gum, Calcium Phosphate, Potassium Chloride, Organic Stevia Extract, Sodium Phosphate	\$26.99 / 12 pack = \$2.25 per carton	Evolve was my favorite of the plant based shakes I tried and I'll definitely buy it again. The biggest problem I have with it (and the other plant-based shakes) is the macro split is not nearly as good as the whey/dairy shakes. Part of it is because they don't use the artificial sweeteners that keep the sugar count lower on the other ones. Something to consider for sure. This shake is vegan, non-GMO, and dairy/soy/gluten free. Good in hot coffee? Yes, but settles easily.	
<u>Pure Protein Shake - Frosty Chocolate</u>	8 I honestly thought I was drinking a boozy Kahlua and Cream when I tasted this. It's good and has a milk chocolate flavor, but I don't really like the alcohol taste (unless I was actually trying to drink booze!).	9 Above average creaminess.	<i>Per 11 oz can:</i> 170 cal 35 g protein 1 g fat 4 g carbs (1 g fiber, 1 g sugar)	<i>6 flavors:</i> Banana Cream Cookies & Cream Frosty Chocolate Rich Chocolate Strawberry Cream Vanilla Cream	Water, Protein Blend (Milk Protein Concentrate, Calcium Caseinate), Cocoa (processed with alkali), Artificial Flavors (contains caramel color), Tricalcium Phosphate, Soybean Oil, Sucralose, Salt, Sodium Citrate, Dipotassium Phosphate, Acesulfame Potassium, Carrageenan	\$25.99 / 12 pack = \$2.17 per can	Although this shake tastes good, once again, I'm not a fan of the ingredients list. The sugar substitutes don't always agree with my stomach and I generally prefer to avoid the artificial flavors/colors. Good in hot coffee? Yes, works like creamer and sweetens it enough to not need sugar.	

	Taste	Texture	Nutrition	Flavors	Ingredients	Value	Notes	Macro Content (% of total calories)
<u>Vega Plant Based Protein Shake - Chocolate</u>	8.5 This actually tastes a lot like the Premier Protein shake - a good milk chocolate flavor and good level of sweetness. This one has a slight pea protein aftertaste though.	9 Thick and creamy, but not overdone.	<i>Per 11 oz carton:</i> 170 cals 20 g protein 4.5 g fat 14 g carbs (4 g fiber, 7 g sugar)	<i>2 flavors:</i> Chocolate Vanilla	Water, Pea Protein, Coconut Palm Sugar, Flaxseed, Cocoa Powder (Processed with Alkali), Natural Flavors, Hemp Protein, Pumpkin Seed Protein, Spinach Powder, Cocoa Powder, Kale Powder, Acerola Cherry Extract, Carrot Juice Powder, Beet Root Powder (for color), Quinoa Sprouts (sprouted in water with Vitamin B1, B2, B3, B5, B6, B7 and K), Organic Spirulina, Marine Algae Calcium, Stevia Leaf Extract, Gellan Gum, Dried Fruit and Vegetable Blend (spinach, broccoli, carrot, beet, tomato, apple, cranberry, orange peel, blueberry, strawberry), Sunflower Seed Oil Powder, Mushroom Powder	\$9.99 / 4 pack = \$2.50 per bottle	Good in hot coffee? Sort of. It settles quickly and gets a little grainy.	
<u>Kitu Super Coffee Protein + MCT Oil</u>	Hazelnut (7): The hazelnut flavor doesn't really come through and it's a little more cardboard-esque than it is nutty. Mocha (8.5): Pretty solid chocolate + coffee flavor, though there's a bit of an odd aftertaste. Vanilla (9): Really yummy vanilla and coffee flavor combo. I thought it was a little on the sweet side though.	8 Not as thick as many of the competitors, but it seems more like an iced coffee that's about half creamer.	<i>Per 12 oz bottle:</i> 80 cals 10 g protein 5 g fat 1 g carbs (0 g fiber, 0 g sugar)	<i>4 flavors:</i> Hazelnut Mocha Original Vanilla	Organic Colombian Coffee, Whey Protein Concentrate (Lactose-Free), Organic Coconut MCT Oil, Organic Cocoa Powder, Natural Vanilla Flavor, Potassium Phosphate, Gellan Gum. Proprietary Sweetener Blend: 100% All Natural Monk Fruit and Light Organic Stevia Blend	\$39.99 / 12 bottles = \$3.33 per bottle	Keto	
<u>Orgain Organic Plant Based Protein Shake - Smooth Chocolate</u>	8 The chocolate flavor isn't as deep as I would like and I thought it could use a touch more sweetness (but I would take this over an oversweet shake any day!).	8.5 Similar to others, it's not as thick as I would expect but it still has a creamy mouth-feel.	<i>Per 14 oz bottle:</i> 150 cals 26 g protein 4 g fat 11 g carbs (1 g fiber, 1 g sugar, 7 g erythritol)	<i>2 flavors:</i> Smooth Chocolate Vanilla Bean	Filtered Water, Organic Pea Protein, Organic Erythritol, Organic Acacia Gum, Organic Alkalized Cocoa, Organic High Oleic Sunflower Oil, Trisodium Phosphate, Organic Rice Extract, Organic Natural Flavor, Organic Stevia, Tripotassium Citrate, Gellan Gum, Sea Salt, Natural Flavor	\$12.99 / 4 pack = \$3.25 per bottle	Orgain makes a lot of different kinds of protein shakes including this plant based one, a grass-fed one, a vegan one, and a kids one. You can also find this version at Target. This one has the best macros of the plant based shakes. Good in hot coffee? Yes.	

	Taste	Texture	Nutrition	Flavors	Ingredients	Value	Notes	Macro Content (% of total calories)
<u>OWYN Plant-Based Shake - Dark Chocolate</u>	7 There's a decent chocolate flavor to this shake but you can definitely tell that it's made with pea protein, which I think has a very distinct taste. Not bad, but not my favorite either.	8.5 Average.	<i>Per 12 oz bottle:</i> 180 cals 20 g protein 7 g fat 13 g carbs (5 g fiber, 4 g sugar)	<i>3 flavors:</i> Cold Brew Coffee Dark Chocolate Vanilla	Water, OWYN Protein Blend (Pea Protein, Organic Pumpkin Powder, Organic Flaxseed Oil), Vegetable Fiber, Organic Cane Sugar, Organic Sunflower Oil, Organic Cocoa Powder, Organic Sunflower Lecithin, Natural Flavors, Himalayan Pink Sea Salt, Organic Guar Gum, Greens Blend (Organic Broccoli, Organic Spinach, Organic Kale), Monk Fruit Extract	\$39.95 / 12 pack = \$3.33 per bottle	This is a good option for people who can't drink dairy or have artificial sweeteners, although I like the taste of Vega a little better. It's vegan, gluten free, soy free, non-GMO and kosher. Good in hot coffee? Yes.	
<u>Core Power High Protein Milk Shake - Chocolate Light</u>	9 Nice deep chocolatey flavor. Be warned that this is more of a dark chocolate taste, so if you're not into that, this one might not be for you. Not too sweet and no weird aftertaste.	8.5 Average consistency of all the shakes - not very thick, but feels velvety in your mouth.	<i>Per 11.5 oz bottle:</i> 150 cals 20 g protein 3.5 g fat 13 g carbs (2 g fiber, 11 g sugar)	<i>6 flavors:</i> Banana Chocolate Chocolate Light Coffee Strawberry Banana Vanilla	Filtered Lowfat Grade A Milk, Honey, Alkalized Cocoa, Contains Less Than 1% of Cane Sugar, Natural Flavors, Lactase Enzyme, Sodium Polyphosphate, Acesulfame Potassium, Sucralose, Carrageenan, Vitamin A Palmitate, Vitamin D3.	\$2.68 per bottle	When you look at the start of the ingredients list, it looks pretty good. They use honey to sweeten it (which explains the higher carb count), but then they also use 2 sugar substitutes that I try to avoid. Plus carrageenan. Not worth it for these macros, in my opinion. The regular version of this shake clocks in at 240 calories but skips the artificial sweeteners. Good in hot coffee? Yes, works well like creamer.	
<u>Ripple Nutrition Plant Based Protein Shake - Chocolate</u>	7.5 Very similar to the Rebel shake, the chocolate flavor is hard to detect. However, it's got a good level of sweetness and no weird pea protein taste.	9 Thick and creamy	<i>Per 12 oz bottle:</i> 200 cals 20 g protein 8 g fat 12 g carbs (2 g fiber, 9 g sugar)	<i>2 flavors:</i> Chocolate Vanilla	Water, Organic Cane Sugar, Sunflower Oil, Cocoa Powder. Contains 0.5% or less of: Dipotassium Phosphate, Calcium Phosphate, Salt, Mixed Tocopherols, Sunflower Lecithin, Natural Flavors, Monk Fruit Extract, Gellan Gum, Guar Gum, Cocoa Extract	\$9.99 / 4 pack = \$2.50 per bottle	I found this at Target.	
<u>Organic Valley Organic Fuel High Protein Milk Shake - Chocolate</u>	7.5 The chocolate flavor in this shake is a little off in my opinion. It almost tastes a little bit nutty? Hard to put my finger on it.	8 Considering the macros in this shake, I was expecting it to be a bit creamier, but it's really just lower fat chocolate milk (but not really low fat?).	<i>Per 14 oz bottle:</i> 260 cals 26 g protein 6 g fat 27 g carbs (1 g fiber, 26 g sugar, including 14 g added sugar)	<i>2 flavors:</i> Chocolate Vanilla	Organic filtered skim milk, water, organic fair trade unrefined cane sugar, organic cream, organic fair trade Dutch cocoa, organic chocolate extract, lactase enzyme, gellan gum, Vitamin D3	\$13.99 / 4 pack = \$3.50 per bottle	Unless you are looking specifically for a higher calorie drink, I don't think this one is worth it. On the plus side, the bottle says the milk comes from cows that are pasture-raised and that the shake is lactose/ gluten/GMO/ antibiotic free. Good in hot coffee? Yes, but the chocolate settles to the bottom as you drink.	

	Taste	Texture	Nutrition	Flavors	Ingredients	Value	Notes	Macro Content (% of total calories)
Muscle Milk Non-Dairy Protein Shake - Chocolate	7 This has a nice, deep dark chocolate flavor, but it hits you with an artificial aftertaste and is a little too sweet.	8.5 Pretty run of the mill consistency here.	<i>Per 11 oz carton:</i> 130 calories 20 g protein 4 g fat 7 g carbs (4 g fiber, 0 g sugar)	<i>5 flavors:</i> Banana Creme Chocolate Cookies n' Creme Strawberries and Creme Vanilla Creme	Water, Calcium Sodium Caseinate, Milk Protein Isolate, Alkalized Cocoa Powder, Less than 1% of: Maltodextrin, Canola Oil, Sunflower Oil, Crystalline Fructose, Dipotassium Phosphate, Natural and Artificial Flavors, Cellulose Gum and Gel, Whey Protein Concentrate, Magnesium Phosphate, Soy Lecithin, Potassium Chloride, Sodium Hexametaphosphate, Carrageenan, Acesulfame Potassium Tricalcium Phosphate, Medium Chain Triglycerides, Potassium Citrate, Ascorbic Acid, Salt, Ferric Pyrophosphate, Sodium Phosphate, Dicalcium Phosphate, Sucralose, DL-Alpha Tocopheryl Acetate, D-Calcium Pantothenate, Niacinamide, Zinc Oxide, Copper Gluconate, Vitamin A Palmitate, Pyridoxine Hydrochloride, Thiamine Mononitrate, Riboflavin, Chromium Chloride, Folic Acid, Biotin, Potassium Iodide, Cholecalciferol, Cyanocobalamin.	\$22.99 / 12 pack = \$1.92 per carton	Muscle Milk also offers a light version of this shake, with the same 20 grams of protein but only 100 calories. They also have a Pro Series with a whopping 40 grams of protein per carton.	
Rebbl Plant Based Protein Shake - Dark Chocolate	7.5 The chocolate flavor is barely there, though the shake does have a good level of sweetness and no weird pea protein taste.	8 Nice and creamy, not gritty. I took half a point off because it almost makes my mouth a little dry after drinking it.	<i>Per 12 oz bottle:</i> 250 cals 16 g protein 8 g fat 27 g carbs (6 g fiber, 15 g sugar)	<i>4 flavors:</i> Banana Nut Cold-Brew Dark Chocolate Vanilla Chai	Organic coconut milk (water, organic coconut crème), organic plant protein blend (organic pea protein, organic sunflower protein, organic pumpkin protein), organic coconut sugar, organic cocoa powder, organic vanilla extract, pink salt, organic ashwagandha extract (10:1), organic maca extract (4:1), organic quillaja extract, organic reishi extract (70% B-glucan), organic stevia extract	\$4.99 per bottle	Not really a great macro split here, but some of their flavors like the Vanilla Chai would be a nice treat to have once in a while. A pricy treat, that is.	
EAS 100% Whey Ready-to-Drink Protein Shake	6.5 The chocolate flavor in this shake is weird...maybe more of a malted chocolate flavor than a milk or dark chocolate. It reminds me of the cheap Easter chocolate that's been wrapped in foil for too long.	8.5 Average.	<i>Per 11 oz carton:</i> 180 cals 30 g protein 3.5 g fat 7 g carbs (<1 g fiber, 1 g sugar)	<i>3 flavors:</i> Chocolate Strawberry Vanilla	Water, Whey Protein Concentrate, Whey Protein Hydrolysate, Less than 2% of:, Cocoa Powder (Processed with Alkali), Vitamin & Mineral Blend (Potassium Citrate, Potassium Phosphate, Sodium Ascorbate, Calcium Carbonate, Magnesium Carbonate), Natural & Artificial Flavor, Cellulose Gum, Vegetable Oil (High Oleic Sunflower Oil and/or Canola Oil), Acesulfame Potassium, Soy Lecithin, Liquid Sucralose, Cellulose Gel, Carrageenan, Gellan Gum	\$25.99 / 12 pack = \$2.17 per carton		

	Taste	Texture	Nutrition	Flavors	Ingredients	Value	Notes	Macro Content (% of total calories)
PowerCrunch Blast Proto Whey Protein Drink - Double Chocolate	6 The chocolate isn't bad but this shake is disgustingly sweet. I couldn't drink more than a few sips.	8.5 Average.	<i>Per 12 oz bottle:</i> 170 cals 22 g protein 5 g fat 10 g carbs (6 g fiber, 2 g sugar)	<i>2 flavors:</i> Double Chocolate Vanilla Creme	Filtered water, Proto Whey® (Micro Peptides™ from High-DH whey protein hydrolysate), cocoa processed with alkali, natural & artificial flavors, cellulose gel, MCTs (medium chain triglycerides), vitamin & mineral mix (tricalcium phosphate, magnesium phosphate, ascorbic acid, dl-alpha-tocopherol acetate, niacinamide, zinc oxide, ferric pyrophosphate, calcium d-pantothenate, pyridoxine HCl, vitamin A palmitate, copper gluconate, riboflavin, thiamin mononitrate, folic acid, biotin, chromium chloride, sodium selenite, potassium iodide, cyanocobalamin, cholecalciferol), phosphate salt, fructose, maltodextrin, SSL (natural emulsifier), salt, sucralose, carrageenan	\$41.88 / 12 pack = \$3.49 per bottle	I most definitely would not buy this again. The ingredients list is a mile long (though some are added minerals), but more importantly, it's just way too sweet. Plus it's expensive and the macros aren't great. Good in hot coffee? Yes, works like creamer and sweetens it enough to not need sugar.	

Property of www.PeanutButterAndFitness.com

