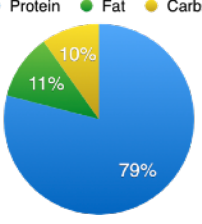
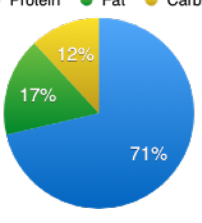
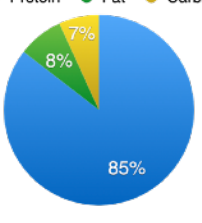
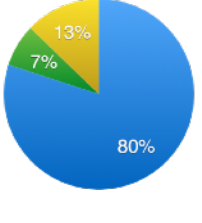
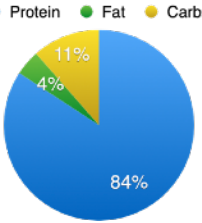
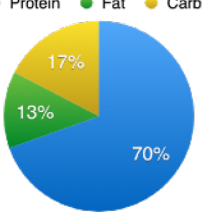


Quest for the Best - Whey Protein

	Taste	Mixability	Nutrition	Macro Content (% of total calories)	Ingredients	Flavors	Value	Notes
<u>BPI Sports Best Protein - Chocolate Brownie</u>	8.5 The chocolate flavor is deep and rich without being too sweet. Barely chalky aftertaste.	9 When I first tried this in a sample size, it mixed perfectly. When I bought a whole tub though, it was just a little gritty after shaking it up.	<i>Per 34 g scoop:</i> 130 cal 24 g protein 1.5 g fat 3 g carbs (1 g sugar)		Protein Blend (Whey Protein Isolate, Whey Protein Concentrate, Whey Protein Hydrolysate), Cocoa Processed with Alkali, Natural and Artificial Flavors, Salt, Xanthan Gum, Sucralose, Soy or Sunflower Lecithin, and Lactase.	3 flavors: Chocolate Brownie, Strawberries & Cream, Vanilla Swirl	\$65.99 / 69 scoops = \$0.91 / scoop	BPI scores high with its great taste, high protein content, variety of flavors and overall value. They nailed it with the level of sweetness for my taste, but unfortunately you can only buy this in 5 pound tubs now.
<u>Muscle Pharm Combat 100% Whey - Chocolate Milk</u>	8 The chocolate flavor is good but it's a little too sweet for me.	10 Nice and smooth!	<i>Per 34 g scoop:</i> 135 cal 24 g protein 2.5 g fat 4 g carbs (1 g fiber, 2 g sugar, incl. 0 g added sugar)		Whey Protein (Whey Protein Concentrate and Whey Protein Isolate), Cocoa Powder, Natural and Artificial Flavors, Guar Gum, Xanthan Gum, Cellulose, Sucralose, Acesulfame Potassium, Soy Lecithin	6 flavors: Banana Milk, Cappuccino, Chocolate Milk, Cookies and Cream, Strawberry, Vanilla	\$84.99 / 70 scoops = \$1.21 per scoop	Muscle Pharm is kind of a "bro" brand and fittingly, all I can find these days is a 5 pound tub, so get ready to commit on this brand!
<u>Ascent Native Fuel Whey - Vanilla Bean</u>	8.5 Solid vanilla flavor, but I'd call it more of a French vanilla since it's got a toasty note to it.	8 Doesn't shake up totally smooth and it runs a little thinner than some other powders.	<i>Per 31 g scoop:</i> 120 cal 25 g protein 1 g fat 2 g carbs (<1 g fiber, 2 g sugar, incl. 0g added sugar)		Whey Protein Isolate Blend (Native Whey Protein Isolate, Whey Protein Isolate), Whey Protein Concentrate, Natural Flavors, Lecithin, Stevia Leaf Extract, Sea Salt	7 flavors: Chocolate, Chocolate Peanut Butter, Lemon Sorbet, Mint Chocolate Chip, Mocha Cold Brew, Vanilla Bean, Unflavored	\$44.99 / 29 scoops = \$1.50 per scoop	I like that this brand is sweetened with stevia instead of Sucralose or AceK, plus it has high protein content, accounting for 85% of calories.
<u>GNC Amp Pure Isolate - Chocolate Frosting</u>	9 One of the better chocolate flavors among the brands I've tested, though it does border on too sweet for me.	8.5 Just a little gritty after shaking up and a little more foam than I'd like, but otherwise it makes a good creamy shake.	<i>Per 34.5 g scoop:</i> 130 cal 25 g protein 1 g fat 4 g carbs (1 g sugar, incl. 0 g added sugar)		Whey Protein Isolate, Natural and Artificial Flavors, Cocoa (Processed with Alkali), Cellulose Gum, Sucralose	6 flavors: Chocolate Frosting, Chocolate Lava Cake, Chocolate Peanut Butter Cup, Cookies and Cream, Strawberry, Vanilla Custard	\$64.99 / 28 scoops = \$2.32 per scoop	
<u>Quest Protein Powder - Chocolate Milkshake</u>	8 The chocolate flavor is pretty solid and not overly sweet. It does taste slightly artificial, but not enough that I wouldn't drink it again.	8 Mixes somewhat creamy and thick but gets a little frothy.	<i>Per 30 g scoop:</i> 110 cal 22 g protein 0.5 g fat 3 g carbs (1 g fiber, <1 g sugar, 0 g added sugar)		Protein Blend (Milk Protein Isolate, Whey Protein Isolate), Soluble Corn Fiber (Prebiotic Fiber), Allulose, Palm Kernel Oil, Erythritol, Water, Butter, Almonds, Natural Flavors. Contains less than 2% of the following: Sea Salt, Baking Soda, Palm Oil, Cellulose Gum, Xanthan Gum, Sucralose, Sunflower Lecithin	5 flavors: Chocolate Milkshake Cinnamon Crunch Peanut Butter Strawberries and Cream Vanilla Milkshake	\$55.99 / 43 scoops = \$1.30	Quest also makes a multi-purpose protein powder just for baking so you can avoid tainting the flavor of your treats with too much vanilla from protein powder.
<u>GNC Pro Performance 100% Whey - Peanut Butter</u>	9 Really good peanut butter flavor that borders on too sweet.	8 Nice and creamy, but there are still some little chunks that haven't fully mixed in after shaking up with water.	<i>Per 32.5 g scoop:</i> 140 cal 24 g protein 2 g fat 6 g carbs (1 g fiber, 2 g sugar, incl. 1 g added sugar)		Whey Protein Concentrate, Cocoa Powder (Alkalized), Natural Flavors, Whey Protein Isolate, Cellulose Gum, Soy Lecithin, Xanthan Gum, Acesulfame Potassium, Sodium Chloride, Sucralose	7 flavors: Banana Cream, Chocolate Supreme, Cookies and Cream, Creamy Strawberry, Peanut Butter, Unflavored, Vanilla Cream	\$39.99 / 25 scoops = \$1.60 per scoop	

Quest for the Best - Whey Protein

	Taste	Mixability	Nutrition	Macro Content (% of total calories)	Ingredients	Flavors	Value	Notes
<u>Ryse Loaded Protein - Jet-Puffed Marshmallow</u>	8 This was a really interesting flavor in a protein powder - tasty but I thought it was a little too sweet.	9 Mixed really well and slightly creamy texture.	<i>Per 34 g scoop:</i> 130 cals 25 g protein 2.5 g fat 3 g carbs (<1 g fiber, 1 g sugar, incl. 0 g added sugar)	<p>Protein 74%, Fat 17%, Carbs 9%</p>	Instantized Whey Protein Isolate, Instantized Whey Protein Concentrate, Medium Chain Triglyceride Powder [Medium Chain Triglycerides from (Palm Kernel and Coconut Oil), Sodium Caseinate (a Milk Derivative), Contains 2% or Less of Each of the Following: Silicon Dioxide, Sunflower Lecithin], Organic Agave Inulin, Natural & Artificial Flavor, Gum Blend, Salt, Sucralose, Acesulfame Potassium.	<i>14 flavors:</i> Blueberry Muffin, Cinnamon Toast, Chocolate Cookie Blast, Chocolate Peanut Butter Cup, Fruity Crunch, Golden Cookie Blast, Jet Puffed Birthday Cake, Jet Puffed Marshmallow, Lemon Cake, Little Debbie Christmas Tree Cakes, Little Debbie Cosmic Brownies, Little Debbie Strawberry Shortcake Rolls, Skippy Peanut Butter	\$44.99 / 27 scoops = \$1.67 per scoop	
<u>PEScience Select Protein</u>	Chocolate Peanut Butter Cup (7): Overly sweet. Chocolate Truffle (9): Solid chocolate flavor with a hint of truffle, all without being too sweet. Frosted Chocolate Cupcake (7.5): I like that it's not too sweet but the flavor is a little mysterious. I can get a hint of chocolate and frosting, but it's not obvious. Frosted Sugar Cookie (9): Tastes a bit like cake batter, but yummy either way. It comes really close to the border of too sweet without quite going over. Gourmet Vanilla (5): The vanilla flavor actually came through with fruity and floral notes, which wasn't good to me.	7 This one was still pretty gritty after using a shaker bottle.	<i>Per 32.5 g scoop:</i> 120 cals 23 g protein 1 g fat 4 g carbs (<1 g fiber, 3 g sugar, 0 g added sugar)	<p>Protein 79%, Fat 14%, Carbs 8%</p>	Select Protein Blend (Milk Protein Isolate [comprised of casein protein and whey protein], Whey Protein Concentrate 80%, Leucine Peptides), Natural and Artificial Flavors, Salt, Potassium Chloride, Cocoa Powder (alkali processed), Guar Gum, Sucralose, Acesulfame Potassium	<i>11 flavors:</i> Cake Pop, Chocolate Peanut Butter Cup, Chocolate Truffle, Cookies & Cream, Frosted Chocolate Cupcake, Frosted Sugar Cookie, Gourmet Vanilla, Peanut Butter Cookie, Snickerdoodle, Strawberry Cheesecake, White Chocolate Macadamia	\$39.99 / 27 scoops = \$1.48 per scoop	I really wanted to love this one because just look at the names of those flavors! Sounds amazing, but the overwhelming sweetness was just too much for me.
<u>Ghost Whey Protein</u>	Chips Ahoy (8): Solid cookie flavor that isn't overly sweet. Oreo (6): You get some of the chocolate cookie flavor, but it's way too sweet for me to enjoy.	8 Shakes up really thick and creamy. They also have chunks of cookies in the powder, which isn't really my jam but kind of an interesting take.	<i>Per 35 g scoop:</i> 150 cals 25 g protein 2 g fat 7 g carbs (1 g fiber, 3 g sugar, incl. 1 g added sugar)	<p>Protein 68%, Fat 19%, Carbs 12%</p>	Whey Protein (Whey Protein Isolate 90% (Sunflower Lecithinated), Whey Protein Concentrate 80% (Sunflower Lecithinated), Hydrolyzed Whey Protein Isolate), Natural and Artificial Flavor, Cocoa Powder (Processed With Alkali), Salt, Digestive Enzymes (Proteases, Bromelain, Lactase), Cellulose Gum, Xanthan Gum, Sucralose	<i>11 flavors:</i> Cereal Milk, Chips Ahoy, Cinnabon, Cinnabon Caramel Pecan, Coffee Ice Cream, Fruity Cereal Milk, Oreo, Oreo Mint, Milk Chocolate, Nutter Butter, Peanut Butter Cereal Milk	\$44.99 / 26 scoops = \$1.73 per scoop	Macros listed are for the Oreo flavor. The macros vary across flavors with this brand with 120-160 cals per serving, so check it out before buying. You can buy sample size packets on their website.

Quest for the Best - Whey Protein

	Taste	Mixability	Nutrition	Macro Content (% of total calories)	Ingredients	Flavors	Value	Notes
<p>Optimum Nutrition Gold Standard 100% Whey - Double Rich Chocolate</p>	<p>Double Rich Chocolate (4): Not very chocolatey, not sweet enough, and has a chalky aftertaste.</p> <p>Vanilla Ice Cream (7): I don't get the ice cream flavor, but the vanilla gives off a French vanilla vibe. Not too sweet.</p>	<p>7 Pretty good mixability, but a little gritty after shaking up and is not creamy at all.</p>	<p><i>Per 30 g scoop:</i> 120 cal 24 g protein 1.5 g fat 3 g carbs (<1 g fiber, 1 g sugar)</p>	<p>Protein 79%, Fat 11%, Carbs 10%</p>	<p>Protein Blend (Whey Protein Isolate, Whey Protein Concentrate, Whey Peptides), Natural and Artificial Flavor, Lecithin, Cellulose Gum, Xanthan Gum, Salt, Sucralose, Acesulfame Potassium, Lactase</p>	<p><i>16 flavors:</i> Banana Cream, Caramel Macchiato, Chocolate Hazelnut, Chocolate Malt, Chocolate Mint, Chocolate Peanut Butter, Cookies & Cream, Delicious Strawberry, Double Rich Chocolate, Extreme Milk Chocolate, French Vanilla Creme, Fruity Cereal, Mocha Cappuccino, Rocky Road, Strawberries & Cream, Vanilla Ice Cream</p>	<p>\$44.99 / 29 scoops = \$1.50 per scoop</p>	<p>The chocolate flavor is not great on this one, plus I'm not a fan of the sugar substitutes used.</p>
<p>Dymatize ISO100 Hydrolyzed Whey Protein Isolate - Gourmet Chocolate</p>	<p>8 Good chocolate flavor but I found this to be overly sweet.</p>	<p>7.5 A tiny bit of grittiness remains after shaking this powder up with water.</p>	<p><i>Per 32 g scoop:</i> 120 cal 25 g protein 1 g fat 2 g carbs (<1 g fiber, 1 g sugar, incl. 0 g added sugar)</p>	<p>Protein 85%, Fat 8%, Carbs 7%</p>	<p>Hydrolyzed whey protein isolate, whey protein isolate, cocoa powder (processed with alkali). Less than 2% of: salt, soy lecithin, natural and artificial flavor, potassium chloride, sucralose, steviol glycosides (stevia).</p>	<p><i>13 flavors:</i> Birthday Cake, Chocolate, Chocolate Peanut Butter, Cinnamon Cereal, Cocoa Pebbles, Cookies and Cream, Dunkin' Cappuccino, Dunkin' Glazed Donut, Dunkin' Mocha Latte, Fruity Pebbles, Fudge Brownie, Strawberry, Vanilla</p>	<p>\$44.99 / 20 scoops = \$2.25 per scoop</p>	
<p>Jay Robb's Whey Protein - Chocolate</p>	<p>6 The chocolate flavor is not distinct and it's not sweet enough for me.</p>	<p>8 Still a big gritty after shaking it up.</p>	<p><i>Per 31 g scoop:</i> 120 cal 25 g protein 0.5 g fat 2 g carbs (<1 g fiber, <1 g sugar)</p>	<p>Protein 89%, Fat 7%, Carbs 4%</p>	<p>Cold-processed, cross flow microfiltered whey protein isolate, natural flavors, cocoa, sunflower lecithin, Xanthan gum, stevia leaf extract</p>	<p><i>4 flavors:</i> Chocolate, Strawberry, Unflavored, Vanilla</p>	<p>\$44.99 / 22 scoops = \$2.05 per scoop</p>	<p>Jay Robb's website claims that "Only cold-processed cross-flow microfiltered whey protein isolate is used as the protein source and this"</p>
<p>Machine Premium Whey Protein Powder</p>	<p>Chocolate Chip Cookie (7): The cookie flavor definitely comes through but I found it too sweet. Includes cookie chunks.</p> <p>Fruit Cereal (9): This one actually tastes like the milk from a bowl of Fruity Pebbles, without tasting overly artificial or sweet. I could use a little more flavor though.</p> <p>PB Cookies & Cream (8): I definitely get the peanut butter flavor and kind of a generic chocolate. I like that it's not too sweet. Includes cookie chunks.</p>	<p>6.5 This one gets rather foamy when shaken up. This one also includes chunks of most flavors' namesakes.</p>	<p><i>Per 36 g scoop:</i> 133 cal 25 g protein 2 g fat 3 g carbs (0 g fiber, 2 g sugar, incl. 0 g added sugar)</p>	<p>Protein 77%, Fat 14%, Carbs 9%</p>	<p>Optimal Biological Value Whey Protein Matrix (Whey Protein Concentrate, Whey Protein Isolate, Natural and Artificial Flavors, Coconut Creamer, Cellulose Gum, Salt, Soy Lecithin, Sucralose, Acesulfame-k, Maltodextrin</p>	<p><i>8 flavors:</i> Chocolate, Chocolate Chip Cookie, Cookies & Cream, Fruit Cereal, Ice Cream Sandwich, Mint Cookies & Cream, Peanut Butter Cookies & Cream, Vanilla Ice Cream</p>	<p>\$54.99 / 25 scoops = \$2.20 per scoop</p>	

Quest for the Best - Whey Protein

	Taste	Mixability	Nutrition	Macro Content (% of total calories)	Ingredients	Flavors	Value	Notes
<u>Legion Whey+ Protein Powder - Dutch Chocolate</u>	4 There's a little bit of chocolate flavor, but the powder is cloyingly sweet.	9 Good mixability, not gritty, but lacks a bit of creaminess.	<i>Per 29 g scoop:</i> 100 cals 22 g protein 0 g fat 3 g carbs (1 g fiber, 1 g sugar, 0 g added sugar)	<p>● Protein ● Fat ● Carbs</p>	Non-GMO Whey Protein Isolate, Cocoa Powder with Alkali, Natural Flavors, Xanthan Gum, Sunflower Lecithin, Salt, Stevia Leaf Extract, Ovasweet (Stevia Extract, Dextrin)	<i>20 flavors:</i> Apple Pie, Banana Bread, Birthday Cake, Chocolate Hazelnut, Cinnamon Cereal, Cocoa Cereal, Chocolate Peanut Butter, Coconut Cream, Cookies & Cream, Dutch Chocolate, French Vanilla, Fruity Cereal, Honey Cereal, Mint Chocolate, Mocha Cappuccino, Peanut Butter Fudge, Salted Caramel, Strawberry Banana, Pumpkin Pie, Unflavored	\$59.99 / 30 scoops = \$2.00 per scoop	The description on the website says that this whey comes from grass-fed cows in Ireland.
<u>Clean Simple Eats Grass Fed Whey Protein</u>	Cake Batter (4): So overly sweet I couldn't take more than a couple sips. The cake flavor definitely comes through though. Chocolate Brownie Batter (5): I thought this was really artificial tasting and had an odd nutty flavor. Simply Vanilla (6): Decent level of vanilla flavor that isn't overly sweet, but again has a really strong artificial taste.	6 Pretty gritty after shaking up in water.	<i>Per 34 g scoop:</i> 110 cals 20 g protein 0.5 g fat 6 g carbs (1 g fiber, 1 g sugar)	<p>● Protein ● Fat ● Carbs</p>	Grass-Fed Whey Protein Isolate, Xylitol, Natural Cocoa Powder, Natural Flavors, Non-Fat Dry Milk, Prebiotic Isomalto-Oligosaccharide (IMO), Coconut Creamer, Xanthan Gum, Sea Salt, Stevia Leaf Extract (Reb A), Monk Fruit	<i>19 flavors:</i> Bananas Foster, Cake Batter, Caramel Toffee, Chocolate Brownie Batter, Chocolate Peanut Butter, Cinnamon Roll, Coconut Cream, Cookies and Cream, Cotton Candy, Eggnog, German Chocolate Cake, Mango Coconut, Mint Chocolate Cookie, Peaches and Cream, Pumpkin Pie, Simply Vanilla, Snickerdoodle, Strawberry Cheesecake, Toasted Marshmallow	\$59.99 / 30 scoops = \$2.00 per scoop	You can buy sample size packets on their website.
<u>Naked Grass Fed Whey Protein</u>	Chocolate (3): Borders on savory and not much chocolate flavor. Vanilla (6): Strong vanilla flavor, but lacks sweetness because the coconut sugar sinks to the bottom of the shaker.	6 Shakes up very foamy, which is discouraging because you'd have to shake it really hard to get the coconut sugar to dissolve.	<i>Per 38 g serving:</i> 160 cals 25 g protein 3 g fat 8 g carbs (1 g fiber, 5 g sugar, incl. 3 g added sugar)	<p>● Protein ● Fat ● Carbs</p>	Whey protein concentrate, organic coconut sugar, organic cacao powder	<i>7 flavors:</i> Chocolate, Chocolate Peanut Butter, Cookies & Cream, Double Chocolate, Strawberry, Unflavored, Vanilla	\$41.99 / 24 servings = \$1.74 per serving	This brand uses grass fed whey and includes no artificial sweeteners, but the macros aren't great.

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