## **Quest for the Best - Non-Dairy Protein Powder**

	Taste	Texture	Nutrition	Macro Content (% of total calories)	Flavors	Ingredients	Value	Notes
PE Science Select Vegan Protein	Chocolate Bliss: 8 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 some of my other top picks for plant based protein powders. It's got a bit of grit, but not bad.	Per 34 g serving: 120 cals 20 g protein 1 g fat 5 g carbs (2 g fiber, 0 g sugar)		7 flavors: Chocolate Bliss, Cinnamon Delight, Chocolate Peanut Butter, Mint Chocolate, Peanut Butter Delight, Pumpkin Pie, Vanilla Indulgence	Pea Protein Concentrate, Brown Rice Protein Concentrate, Natural Flavor, Stevia Extract, Salt, Guar Gum	\$39.99 / 1.75 lbs = \$1.48 per serving	You can buy 7 serving sample canisters of this brand on Amazon to try it out before investing in a bigger size.
	Peanut Butter Delight: 8 There's a slight pea protein flavor here but still a really tasty peanut butter flavor. I think it could afford a bit more sweetness too.			Protein Fat Carbs  18%  8%				
	Vanilla: 7 Without a stronger flavor to mask the pea protein, this one comes off as slightly cardboard-y, though the vanilla is still there and it has good sweetness.							
Bowmar Nutrition Vegan Protein	Chocolate Almond Coconut: 9.5 This one actually tastes like the candy bar it's supposed to imitate! Luckily for me, it's not as sweet as a candy bar. I didn't give it a 10 because there's still an ever so slight pea protein flavor.  Peanut Butter Cookie: 8.5 Solid peanut butter flavor, though it was a bit on the sweet side for me. Did a pretty great job of masking the pea protein flavor.  Banana Nut Bread: 6.5 The banana flavor was a bit too artificial for my liking, but if you like banana flavored things, this could be your jam. There is a nutty complexity to it beyond the banana, which was good.  Blueberry Donut: 5 This one has a really	Has a slight grittiness to it and gets a bit foamy on top when shaken (about 1/2" of foam after shaking in my 16 oz blender bottle.	Per 33 g serving: 110 cals 21 g protein 0.5 g fat 5 g carbs (2 g fiber, 0 g sugar)	Protein Fat Carbs  18%  4%	7 flavors: Banana Nut Bread, Blueberry Donut, Chocolate Almond Coconut, Cinnamon Cereal, Cookies and Cream, Peanut Butter Cookie	Pea Protein Concentrate, Pumpkin Seed Protein (as Smooth Protein™), Sunflower Seed Protein (as Smooth Protein™), Watermelon Seed Protein (as Smooth Protein™), Natural Flavors, Salt (Sodium Chloride), Gum Acacia, Sucralose.	\$49.99 / 1.9lb tub = \$1.79 per serving	Although I really liked the Chocolate Almond Coconut and Peanut Butter Cookie flavors, I won't be buying this brand again because the Sucralose used to sweeten it does not agree with my stomach.
	artificial taste to it that I have a hard time interpreting as blueberry donut. It almost reminds me of blueberry taffy?							

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Ryse Loaded Plant Protein - Chocolate Cookie Blast	9.5 Great Oreo flavor with just a hint of pea protein flavor.	This is the best consistency of a plant protein that I've tried. There's really no grittiness to speak of.	Per 36.4 g scoop: 140 cals 20 g protein 4 g fat 6 g carbs (4 g fiber, 0 g sugar)	Protein Fat Carbs	3 flavors: Chocolate Cookie Blast, Cinnamon Toast, Vanilla	Pea Protein, Chick Pea Protein Isolate, Natural Barley Rice Protein, Medium Chain Triglyceride Powders, Natural Flavor, Organic Agave Inulin, Salt, Silica, Stevia Leaf Reb M, Xanthan Gum, Monkfruit Extract, Vanilla Bean Powder	\$42.99 / 20 servings = \$2.15 per serving	This protein is the clear winner when it comes to taste and texture, but unfortunately only 57% of calories are from protein.
Ghost Vegan Plant Based Protein Powder	Chocolate Cereal Milk (8): The flavor description as chocolate cereal milk is surprisingly accurateit's like a watered down chocolate flavor. My only complaint is that it has a tiny bit of a cardboard after taste.  Cinnabon (8.5): If you're a cinnamon lover, this is the vegan protein for you! It borders on too much cinnamon flavor, but with the right amount of sweetness to evoke a cinnamon bun.	9.5 One of the least gritty vegan protein powders I've tried. It does get a little bit of foam on top after you shake it, though it's not enough to be annoying while you try to drink it.	Per 35 g serving: 120 cals 20 g protein 2 g fat 6 g carbs (2 g fiber, 0 g sugar)	Protein Fat Carbs  20%  15%  66%	6 flavors: Banana Pancake Batter, Chocolate Cereal Milk, Cinnabon, Coconut Ice Cream, Pancake Batter, Peanut Butter Cereal Milk	Vegan Protein (Pea Protein Concentrate, Organic Pumpkin Protein, Watermelon Seed Protein), Cocoa Powder (Processed with Alkali), Natural and Artificial Flavors, Sunflower Creamer (High Oleic Sunflower Oil, Tapioca Starch, Tapioca Dextrin, Natural Flavors, Mixed Tocopherols), Salt, Sucralose, Xanthan Gum	\$49.99 / 2lb tub = \$1.79 per serving	Another tasty brand that I won't buy again because it's sweetened with Sucralose, which upsets my stomach.
Optimum Nutrition Gold Standard 100% Plant Protein - Chocolate	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.	Still not as smooth as I would like, but a lot better than most of the other brands in this category.	Per 40 g serving: 150 cals 24 g protein 3.5 g fat 6 g carbs (2 g fiber, 0 g sugar)	Protein Fat Carbs	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 Guar Gum, Xanthan Gum, Ascorbic Acid, Organic Gum Arabic, Salt, Organic Pomegranate Powder, Cyanocobalamin	\$36.99 / 1.76 lb = \$1.85 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.

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Flex Nutrition Vegan Protein - Slow Churn Vanilla Ice Cream	8.5 This brand does a great job of masking the typical pea protein flavors, and I can definitely get the ice cream taste (although it's slightly artificial tasting). Unfortunately I thought they went a little overboard on the sweetness.	8.5 The texture is along the lines of the other top plant protein shakes - it still has a slight graininess to it but generally very smooth. I didn't love how much foam was generated after shaking it - I ended up drinking a lot of air bubbles.	Per 31 g serving: 120 cals 24 g protein 1 g fat 3 g carbs (1 g fiber, 0 g sugar)	Protein Fat Carbs 10% 8%	2 flavors: Chocolate Fudge Brownie, Slow Churn Vanilla Ice Cream	Pea Protein Powder, Mung Bean Protein Powder, Organic Agave Inulin, Natural Flavor, Salt, Digestive Enzyme Blend [Amylase, Bromelain, Cellulase, HemiSEB, Invertase, Lipase, Lactase, Peptizyme SP (Serrapeptase), Papain, Protease Blend (I, II, and III), Diastase, Glucoamylase, Alpha- Galactosidase (as DigeSEB Super)], Organic Coconut Freeze Dried Water Powder (as CocOganic Plus), Xanthan Gum, Guar Gum, Sucralose	\$47.00 per 29.2 oz tub = \$1.74 per serving	Although this brand was tasty, I probably won't buy it again because it's a little too sweet for me and it's sweetened with Sucralose, which upsets my stomach.
Nuzest Clean Lean Protein - Rich Chocolate	7 The chocolate flavor is lacking a bit in this shake, and actually tastes a lot like a chocolate peanut butter flavor. Not bad, but not great.	9 Pretty smooth overall, but grittier than I would prefer.	Per 25 g serving: 100 cals 20 g protein 2.5 g fat 2 g carbs (1 g fiber, 0 g sugar)	Protein Fat Carbs	8 flavors: Chocolate, Chocolate Peanut Butter, Just Natural, Mocha, Real Coffee, Salted Caramel, Vanilla, Wild Strawberry	Pea Protein Isolate, Cacao Powder, Natural Vanilla Flavor, Natural Chocolate Flavor, Thaumatin	\$44.99 / 20 servings = \$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.
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.	Per 29 g serving: 110 cals 15 g protein 3 g fat 9g carbs (2 g fiber, 2 g sugar, incl. 2 g added sugar)	• Protein • Fat • Carbs  29%  49%	2 flavors: Chocolate Vanilla	Protein Blend, Pea Protein, Chia Protein, Oatmilk, Inulin, Natural Flavors, Coconut Creamer, Coconut Oil, Acacia Gum, Organic Cane Sugar, Sea Salt, Monk Fruit Extract	\$29.99 / 14.32 oz tub = \$2.14 per serving	You can also find this brand at Target.
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.	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.	Per 32 g serving: 120 cals 24 g protein 0 g fat 3 g carbs (1 g fiber, 0 g sugar, 2 g sugar alcohols)	Protein Fat Carbs	4 flavors: Chocolate Strawberry Vanilla Unflavored	Egg albumen, Cocoa, Natural flavor, Sunflower lecithin, Xanthan gum, and Stevia leaf extract (Rebaudioside A)	\$58.95 / 24 oz bag = \$2.81 per scoop	I tried this out in some hot protein oatmeal and it acted like you would expect egg whites to act they cooked.
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.	Per 32 g serving: 130 cals 25 g protein 2 g fat 3 g carbs (2 g fiber, 0 g sugar)	Protein Fat Carbs 9% 14%	2 flavors: Chocolate Vanilla	Canadian Yellow Pea Protein Isolate, Raw Organic Peruvian Cacao, Monk Fruit, Vitamin B12 (Methylcobalamin)	\$49 / 2.5 lb tub = \$1.26 per serving	

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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.	Per 25 g serving: 90 cals 16 g protein 2 g fat 2 g carbs (2 g fiber, 1 g sugar, incl. 0 g sugar)	Protein Fat Carbs  9%  20%	7 flavors: Berry, Chocolate, Maple Toast, Mocha, Peanut Butter, Unflavored, Vanilla	Proprietary Protein Blend (Organic Pea Protein, Organic Hemp Protein, Organic Goji Berry)	\$49.97 / 1.65 lb tub = \$1.67 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.
Legion Plant+ Vegan Protein Powder - Mocha Cappuccino	You get a hint of coffee flavor in this powder, but really no chocolate/ mocha to speak of. That said, I do like the level of sweetness.	8.5 Some grittiness, but otherwise it has a creamy consistency.	24 g protein	• Protein • Fat • Carbs  11%  22%  67%	6 flavors: Apple Pie, Cinnamon Cereal, Dutch Chocolate, French Vanilla, Mocha Cappuccino, Salted Caramel	Pea protein, rice protein concentrate, pea creamer (organic coconut oil, organic rice syrup solids, organic pea protein, sodium citrate, tricalcium phosphate, organic sunflower lecithin), natural flavor, inulin, salt, monk fruit extract, xanthan gum.	\$49.99 / 20 servings = \$2.50 per serving	
Orgain Organic Plant Based Protein Powder - Creamy Chocolate Fudge	I was pretty excited to taste this since it smelled so chocolatey in the tubbut then I was hit immediately with a really nutty, almost 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 nutty taste.	9 Pretty smooth as far as plant-based proteins go.	Per 46 g serving: 150 cals 21 g protein 5 g fat 16 g carbs (7 g fiber, <1 g sugar, 5 g erythritol)	Protein Fat Carbs  33%  44%	14 flavors: Chocolate Peanut Butter, Churro Caramel Swirl, Chocolate Caramel Sea Salt, Cookies and Cream, Creamy Chocolate Fudge, Fruity Cereal, Horchata, Iced Coffee, Natural Unsweetened, Peanut Butter, Peppermint Hot Cocoa, Pumpkin Spice, Strawberries & Cream, Vanilla Bean	Orgain organic protein blend™ (organic pea protein, organic brown rice protein, organic chia seed), orgain organic creamer base™ (organic acacia, organic high oleic sunflower oil, organic rice dextrin, organic sunflower lecithin, organic rosemary extract), organic erythritol, organic alkalized cocoa, organic acacia, organic natural flavors, sea salt, organic reb a (stevia extract), organic guar gum, natural flavor, xanthan gum	\$37.99 / 2.03 lb tub = \$1.90 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.
LyfeFuel Clean & Lean Recovery Shake - Chocolate	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.	Per 37 g serving: 140 cals 25 g protein 3 g fat 6 g carbs (2 g fiber, 2 g sugar, includes 2 g added sugar)	Protein Fat Carbs	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, xantham gum, luo han go	\$50 / 2 lb bag = \$2.08 per serving	
Planta Premium Plant Protein	Melted Chocolate (5): This has a really strange taste to it that's hard to put my finger onit's almost like it tastes green?  Peanut Butter Cup (6.5): There is definitely a nuttiness to this one, though I wish there was more chocolate. The sweetness level is pretty good though.	terrible.	Per 32 g scoop: 110 cals 20 g protein 2.5 g fat 2 g carbs (1 g fiber, 1 g sugar, incl. 1 g added sugar)	Protein Fat Carbs	13 flavors: Banana Maple French Toast, Campfire S'mores, Chocolate Caramel Candy Bar, Cinnamon Roll, Cookies & Cream, Gingerbread Cookie, Melted Chocolate, Peanut Butter & Jelly, Peanut Butter Banana, Peanut Butter Cup, Sprinkle Cupcake, Strawberry Ice Cream, Vanilla	Pea Protein, Brown Rice Protein, Cocoa Powder, Organic Cane Sugar, Natural Chocolate Flavor, DiCalcium Malate, Monk Fruit Extract, Stevia Leaf Extract, Sodium Chloride, Gum Blend: (Xanthan Gum, Gum Acacia, Guar Gum), Sunflower Lecithin, Iron Bisglycinate Chelate	\$52.99 / 25 servings = \$2.12 per serving	

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Vega Essentials Shake - Chocolate	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.	_	Per 36 g serving: 160 cals 20 g protein 4.5 g fat 9 g carbs (3 g fiber 1 g sugar, incl. 0 g added sugar)	Protein Fat Carbs  23%  51%	3 flavors: Berry, Chocolate, Vanilla	Pea protein, flaxseed, cocoa powder (processed with alkali), natural flavors, organic acacia gum, hemp protein, broccoli powder, pea starch, beet root powder (for color), carrot juice powder, kale powder, quinoa sprouts (sprouted in water with B1, B2, B3, B5, B6, B7 and K), marine algae, stevia leaf extract, organic spirulina, sea salt, xanthan gum, acerola cherry extract, bromelain, dried fruit and vegetable blend (spinach, broccoli, carrot, beet, tomato, apple, cranberry, orange peel, blueberry, strawberry), sunflower seed oil powder, mushroom powder	\$66.99 / 38.2 oz tub = \$2.23 per serving	Vega adds lots of extra fruit and vegetable extracts, which makes their ingredients list a mile long.
Truvani Plant Based Protein Powder	Chocolate (5): Not much chocolate flavor and has a pretty strong cardboard taste.  Chocolate Peanut Butter (6): Pretty solid peanut butter flavor and it has some chocolate flavor, but it could have used more sweetness.  Vanilla (3): This flavor was extremely gritty and tasted more like cardboard than vanilla.	6.5 Pretty gritty, but still drinkable.	Per 33 g serving: 130 cals 20 g protein 3 g fat 5 g carbs (2 g fiber, 2 g sugar, incl. 0 g added sugar)	Protein Fat Carbs	Banana Cinnamon, Chocolate, Chocolate Mocha, Chocolate Peanut Butter, Lemon Cookie, Mint Chocolate, Peanut Butter, Pumpkin Spice, Unflavored, Vanilla, Vanilla Chai	Organic Pea Protein, Organic Alkalized Cocoa, Organic Vanilla Powder, Organic Pumpkin Seed, Organic Monk Fruit Extract, Organic Chia Seed Protein	\$59.99 / 20 servings = \$3.00 per serving	
Plant Fusion Complete Plant Protein - Chocolate	Chocolate (3): I didn't get any chocolate flavor out of this shake, it almost tastes fruity. So strange.  Creamy Vanilla Bean (5): This has a lot of pea protein flavor and an almost floral note to it.	Gets just a little foamy when shaking it up, but otherwise just a little gritty but quite creamy.	Per 30 g serving: 120 cals 21 g protein 3 g fat 2 g carbs (<1 g sugar)	Protein Fat Carbs 7% 73% 71%	5 flavors: Cookies & Cream, Creamy Vanilla Bean, Natural (No Stevia), Red Velvet Cake, Rich Chocolate	Pea Protein Isolate,L-Isoleucine,L-Leucine,L-Valine,L-Glutamine,Artichoke Powder,Organic Sprouted Amaranth Powder,Organic Sprouted Quinoa Powder,Whole Algae Protein,Alpha Galactosidase,Bromel ain,Natural Flavor,Stevia Extract Powder (Reb A),Organic Tapioca Powder,Silica,Guar Gum Powder,Lucuma Powder,Monk Fruit Extract Powder	\$61.97/ 2 lb = \$2.07 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.

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Vega Sport Performance Protein - Chocolate	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.	This makes a really thick and creamy shake, but it does have a slight grittiness to it.	Per 41 g serving: 170 cals 30 g protein 3.5 g fat 4 g carbs (2 g fiber, 1 g sugar, incl. 0 g added sugar)	Protein Fat Carbs	5 flavors: Berry, Chocolate, Mocha, Peanut Butter, Vanilla	Pea protein, Pumpkin seed protein, Organic sunflower seed proteinm Alfalfa protein, Tart cherry, Probiotics (Bacillus coagulans [provides 1 billion cfu/serving]), Bromelain, Turmeric extract, Black Pepper extract, Contains less than 2% of:Sea salt, Natural caramel flavor, Natural vanilla flavor, Stevia extract, Xanthan gum	\$64.99 / 20 servings = \$3.25 per serving	Amazon offers sample packs for \$2.00 each.
Garden of Life Sport Organic Plant Based Protein - Chocolate	A very slight improvement over the raw version of this brand. That pea protein flavor is overwhelming with almost no chocolate flavor.	6.5 Pretty gritty, but not as bad as the raw version.	Per 45 g serving: 170 cals 30 g protein 3 g fat 7 g carbs (3 g fiber, <1 g sugar)	Protein Fat Carbs	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 Recovery Blend: Organic Apple (fruit pulp), Organic Tart Cherry (fruit), Organic Turmeric (root), Organic Blueberry (fruit), Organic Lycium barbarum L. (Goji Berry fruit); 2 Billion CFU Bifidobacterium lactis Bl-04 (at the time of expiration).	\$59.99 / 19 servings = \$3.16 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.
Garden of Life Raw Organic Fit Protein - Chocolate	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.	Per 35 g serving: 140 cals 22 g protein 3 g fat 7 g carbs (5 g fiber, 0 g sugar)	Protein Fat Carbs  20%  19% 62%	4 flavors: 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 Chocolate Flavor with Other Natural Flavors, Organic Cocoa, Organic Erythritol, Organic Guar Gum, Sea Salt, Organic Stevia Leaf Extract, Raw Probiotic & Enzyme Blend: Lipase, Protease, Aspergillopepsin, beta- Glucanase, Cellulase, Bromelain, Phytase, Lactase, Papain, Peptidase, Pectinase, Hemicellulase, Xylanase, Bacillus subtilis DE111® (250 million CFU at time of expiration)	\$50.99 / 20 servings = \$2.55 per serving	This is another mile long ingredients list thanks to lots of added fruits/ vegetables and a probiotic/enzyme blend.