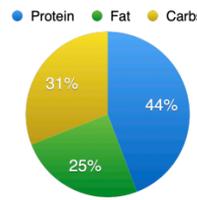
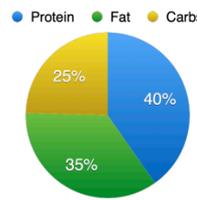
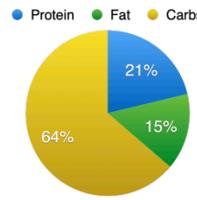
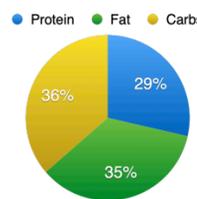


Quest for the Best - Protein Cereal

	Taste	Texture	Nutrition	Macro Content (% of total calories)	Flavors	Ingredients	Value	Notes
<b>Post Premier Protein Cereal</b>	<b>Chocolate Almond (9):</b> Really great, deep chocolate flavor. I knocked 1 point off because you do taste just a hint of the pea protein.	<b>8</b> The flakes are really thin and crispy. They work well when they soften up a bit in milk though.	<i>Per 1 cup (42g):</i> 180 cal 20 g protein 5 g fat 14 g carbs (1 g fiber, 5 g sugar)		<i>2 flavors:</i> Chocolate Almond Mixed Berry Almond	Wheat Gluten, Almonds, Wheat Protein Isolate, Pea Protein Concentrate, Yellow Corn Flour, Sugar, Cocoa (Processed With Alkali), Salt, Caramel Color, Natural Flavor, Stevia Leaf Extract	\$6.29 / 9 oz box = \$1.05 per serving	For the macros and price point, this is a really great option that packs a ton of chocolate flavor!
<b>Truely Protein Cereal</b>	<b>Blueberry Muffin (7):</b> I get a hint of blueberry muffin flavor, but I thought it was too artificial tasting.  <b>Chocolate Peanut Butter (8):</b> There's no shortage of flavor with this one, but I thought the peanut butter had a bit of a burnt taste.  <b>Cocoa (10):</b> Really rich cocoa flavor that's not too sweet!  <b>Fruity (6):</b> I don't get much of a fruity flavor from this cereal. It almost tastes...neon?	<b>9</b> Really good texture, not too crispy or airy. I took off a point because it got a bit stuck in my teeth.	<i>Per 40g:</i> 160 cal 18 g protein 7 g fat 11 g carbs (5 g fiber, 4 g sugar)		<i>9 flavors:</i> Blueberry Muffin, Chocolate Peanut Butter, Cinnamon, Cocoa, Fruity, Honey, Maple Donut, S'mores, Strawberry Cheesecake	Casein, Whey protein concentrate, Avocado oil, Chicory root fibre, Cocoa powder, Organic cane sugar, MCT powder (Acacia fiber, Medium chain triglycerides), Monk fruit juice concentrate, Tapioca starch, Natural flavours, Himalayan pink salt, Organic sunflower lecithin	\$43.99 / 4 boxes = \$2.20 per serving	Only available online in 4-box packs. You can create your own 4-pack with any flavors on the Truely website.
<b>Cheerios Protein Cereal</b>	<b>Cinnamon (10):</b> Really tasty! Like a cross between Honey Nut Cheerios and Apple Cinnamon Cheerios.  <b>Cookies &amp; Creme (7):</b> Tasty, but I really don't get a chocolate flavor or cookies and cream.  <b>Strawberry (9):</b> A bit artificial, but really tasty and the right amount of sweetness.	<b>10</b> The texture is like regular Cheerios!	<i>Per 1 cup (37g):</i> 150 cal 8 g protein 2.5 g fat 24 g carbs (2 g fiber, 11 g sugar)		<i>3 flavors:</i> Chocolate Creme, Cinnamon, Strawberry	Whole Grain Oats, Sugar, Pea Protein, Corn Starch, Corn Syrup, Canola and/or Sunflower Oil, Salt, Caramel Color, Natural Flavor, Tripotassium Phosphate, Vitamin E (mixed tocopherols) Added to Preserve Freshness. Vitamins and Minerals: Calcium Carbonate, Vitamin C (sodium ascorbate), Iron and Zinc (mineral nutrients), A B Vitamin (niacinamide), Vitamin B6 (pyridoxine hydrochloride), Vitamin B1 (thiamin mononitrate), Vitamin A (palmitate), Vitamin B2 (riboflavin), A B Vitamin (folic acid), Vitamin B12, Vitamin D3	\$6.49 / 11.2 oz box = \$0.81 per serving	Another easily accessible option that you can find anywhere, doesn't cost an arm and a leg, and kids will still love it.
<b>Catalina Crunch Protein Cereal</b>	<b>Dark Chocolate (7):</b> The chocolate flavor is a bit artificial, but has a good richness to it. I wish it was a little sweeter.	<b>10</b> The grahams aren't overly crispy and are a lot like regular cereal. It softens up nicely in milk, but isn't soggy.	<i>Per 1/2 cup (36g):</i> 110 cal 11 g protein 6 g fat 14 g carbs (9 g fiber, 0 g sugar)		<i>11 flavors:</i> Apple Cider Donut, Blueberry Muffin, Chocolate Peanut Butter, Cinnamon Toast, Dark Chocolate, Fruity, Honey Graham, Honey Nut, Maple Waffle, Pumpkin Spice, Triple Berry Blast	Catalina Flour (Pea Protein, Potato Fiber, Corn Fiber, Chicory Root Fiber, Guar Gum), Tapioca Flour, High Oleic Sunflower Oil, Cocoa Powder (Processed With Alkali), Leavening (Monocalcium Phosphate, Baking Soda, Calcium Carbonate), Sea Salt, Natural Flavors, Stevia Extract, Monk Fruit Extract	\$9.09 / 9 oz bag = \$1.30 per serving	The serving is on the small size in terms of volume.

	Taste	Texture	Nutrition	Macro Content (% of total calories)	Flavors	Ingredients	Value	Notes
<b><u>Ghost Protein Cereal</u></b>	<b>Marshmallows (8):</b> This one is a little too sweet for me to eat as breakfast, but it doesn't taste overly artificial.	<b>8.5</b> Much more like regular cereal texture than some of the other options. Light and airy, but not overly crunchy. The marshmallows are great too!	Per 1 1/4 cup (41g): 170 cal 17 g protein 5 g fat 15 g carbs (0 g fiber, 10 g sugar)	<p>● Protein ● Fat ● Carbs</p>	<i>2 flavors:</i> Marshmallows Peanut Butter	Milk Protein Concentrate, Sodium Caseinate, Soy Protein Isolate, Marshmallows (Sugar, Corn Starch, Corn Syrup, Dextrose, Gelatin, Artificial Flavor, Color [Yellow 5 & 6, Red 40, Blue 1]), Sugar, Allulose, Canola And/Or Sunflower Oil, Palm Oil, Palm Kernel Oil, Whey Protein Concentrate, Dextrose, Nonfat Dry Milk, Calcium Carbonate, Salt, Soy Lecithin, Natural And Artificial Flavor, Sucralose, Rosemary Extract, Turmeric Extract (Color). Vitamin E (Mixed Tocopherols) Added To Preserve Freshness.	\$8.99 / 9.4 oz box = \$1.50 per serving	If you love Lucky Charms, you should definitely give this one a try! Gets really soft in milk, so be careful not to let it sit.  I found this one at Target.
<b><u>Magic Spoon Protein Cereal</u></b>	<b>Cocoa (5):</b> I struggled to get the cocoa flavor here. It's pretty bland and could use more sweetness and cocoa flavor.  <b>Fruity (7.5):</b> The taste reminds me of Trix...a pretty artificial, citrus forward flavor but it's not quite as sweet as Trix. Brings back memories of childhood for me!	<b>9</b> The texture is great! Doesn't get soggy in cereal and has a great, full-bodied crunch that doesn't seem like it's just full of air like some competitors. If you're the type who loves soggy cereal, you might be waiting a while.	Per 1 cup (37g): 140 cal 13 g protein 7 g fat 15 g carbs (2 g fiber, 0 g sugar)	<p>● Protein ● Fat ● Carbs</p>	<i>11 flavors:</i> Birthday Cake, Blueberry Muffin, Chocolate Chip Cookie, Cinnamon Roll, Cocoa, Frosted, Fruity, Honey Nut, Peanut Butter, Maple Waffle, S'mores	Milk Protein Blend (Casein, Whey Protein Concentrates), Sweetener Blend (Allulose, Monk Fruit Extracts), Oil Blend (High Oleic Sunflower Oil, Avocado Oil), Tapioca Starch, Inulin (from Chicory Root and/or Agave), Natural Flavors, Salt	\$39.00 / 4 boxes = \$1.95 per serving	This brand is readily available in a lot of grocery stores now, usually right in the regular cereal aisle.
<b><u>Legion Protein Cereal</u></b>	<b>Chocolate Crunch (7):</b> There's a decent amount of chocolate flavor, but it's very artificial tasting.  <b>Fruity Crunch (8):</b> Tastes a lot like Fruity Pebbles with that orange forward, almost astringent fruity flavor.  <b>Cinnamon Crunch (9):</b> The cinnamon flavor here is nice but slightly artificial and just a little too subtle when served with milk.	<b>6</b> Very crunchy and airy, so you get a lot of volume in each serving, but don't expect the texture of regular cereal.	Per 1 1/4 cups (40g): 170 cal 17 g protein 6 g fat 15 g carbs (7 g fiber, 6 g sugar)	<p>● Protein ● Fat ● Carbs</p>	<i>3 flavors:</i> Chocolate Crunch, Cinnamon Crunch, Fruity Crunch	Milk Protein Bites (Milk Protein Concentrate, Soluble Tapioca Fiber, Tapioca Starch, Inulin, Coconut Oil, Powdered Sugar [Sugar, Cornstarch]), Cocoa Powder (Processed With Alkali), Natural Flavors, Stevia Leaf Extract, Salt	\$39.99 / 3 boxes = \$2.22 per serving	Only available online in 3-box packs. Retains a good bit of crunch after sitting in milk.
<b><u>Special K Zero Sugar Cereal</u></b>	<b>Strawberry Creme (4):</b> The strawberry flavor is pretty artificial and has a sweetness that leaves a weird aftertaste.	<b>9</b> Great classic cereal crunch that's not overly crunchy and softens up nicely in milk.	Per 1 1/4 cup (42g): 170 cal 18 g protein 8 g fat 13 g carbs (5 g fiber, 0 g sugar)	<p>● Protein ● Fat ● Carbs</p>	<i>1 flavor:</i> Strawberry Creme	Soy protein isolate*, pea protein isolate*, expeller pressed canola oil, modified food starch, allulose syrup, lentil protein*, oat fiber. Contains 2% or less of natural flavors*, sucralose, beet juice for color*, beta-carotene for color, BHT for freshness. *Adds a Trivial Amount of Sugar	\$7.98 / 8.1 oz box = \$1.60 per serving	Kellogg's used to offer a cinnamon flavor as well. I think they may be phasing this product out.
<b><u>Three Wishes Grain Free Cereal</u></b>	<b>Cocoa (5):</b> Not enough cocoa flavor or sweetness. A bit cardboard-y.	<b>8</b> Not far off from regular cereal, but seems a bit dense.	Per 1 cup (35 g): 130 cal 8 g protein 1.5 g fat 20 g carbs (3 g fiber, 3 g sugar)	<p>● Protein ● Fat ● Carbs</p>	<i>11 flavors:</i> Cinnamon, Cocoa, Cotton Candy, Frosted, Fruity, Honey, Hot Chocolate, Marshmallow, Pumpkin Spice, Strawberry, Unsweetened	Chickpea, Tapioca, Pea Protein, Organic Cane Sugar, Cocoa, Natural Flavors, Salt, Monk Fruit	\$6.99 / 8.6 oz box = \$1.00 per serving	This is another brand that's readily available in a lot of grocery stores now, usually right in the regular cereal aisle.

	Taste	Texture	Nutrition	Macro Content (% of total calories)	Flavors	Ingredients	Value	Notes
<b><u>Kellogg's Special K Protein Cereal</u></b>	<b>6</b> This tastes pretty bland, like an average bran cereal. If you plan to top it with fruit, it's probably fine.	<b>8</b> Not overly crispy, really just your average bran flakes.	<i>Per 1 1/3 cup (59g):</i> 210 cal 10 g protein 1 g fat 44 g carbs (5 g fiber, 9 g sugar)	<p>Protein 18% Fat 4% Carbs 78%</p>	<i>1 flavor:</i> Original	Whole Wheat, Rice, Sugar, Soy Protein Isolate, Wheat Bran, Contains 2% Or Less Of Cinnamon, Malt Flavor, Salt, Natural Flavor, Bht For Freshness. Vitamins And Minerals: Calcium Carbonate, Iron, Niacinamide, Vitamin B6 (Pyridoxine Hydrochloride), Vitamin B1 (Thiamin Hydrochloride), Vitamin B2 (Riboflavin), Folic Acid, Vitamin D3, Vitamin B12	\$4.98 / 17.5 oz box = \$0.62 per serving	The serving size of this one is bigger than most, but that comes with more calories and still only 10 grams of protein.
<b><u>WonderSlim Protein Cereal</u></b>	<p><b>Chocolate Peanut Butter (6):</b> I get a bit of the peanut butter flavor, but really no chocolate. Lacks sweetness.</p> <p><b>Cinnamon (6):</b> I like the cinnamon flavor that is present, but it needs a lot more flavor and sweetness.</p> <p><b>Cocoa (4):</b> I couldn't really taste the cocoa flavor. It doesn't taste bad, just bland and not nearly enough cocoa.</p> <p><b>Fruity (4):</b> Has the slightest hint of fruity flavor. Clumps up with stickiness.</p> <p><b>Honey Nut (7):</b> This one actually has a nice honey sweetness, but the cereal is a little sticky and clumps up.</p>	<b>6</b> Really crispy and airy, works okay in milk but still quite crisp.	<i>Per 40g packet:</i> 120 cal 14 g protein 4 g fat 10 g carbs (4 g fiber, <1 g sugar)	<p>Protein 42% Fat 27% Carbs 30%</p>	<i>5 flavors:</i> Chocolate Peanut Butter, Cinnamon, Cocoa, Fruity, Honey Nut	Cocoa Soy Cereal (soy protein isolate, soy flour, soy protein concentrate, rice flour, cocoa powder [processed with alkali]), Sunflower Oil, Soluble Tapioca Fiber, Sweetener (allulose, stevia extract, monk fruit extract), Cocoa Powder (processed with alkali), Natural Flavors, Soy Lecithin, Salt, Sucralose	\$18.99 / 7 packets = \$2.71 per serving	The individual packets can help with portion control, but I think it's just a pain that likely contributes to the high price of this cereal. This cereal is sweetened with allulose.
<b><u>Kashi GO Protein + Fiber Cereal</u></b>	<p><b>Chocolate Crunch (6):</b> Not much chocolate flavor and it tastes almost burnt, but really toasty. Could use a lot more sweetness too.</p> <p><b>Mixed Berry Crunch (8):</b> I've bought this flavor before and enjoy it enough. It's got just enough sweetness and the dried fruit is tart and chewy.</p>	<b>6</b> More like granola than cereal, this is along the lines of other Kashi cereals with lots of different grains and textures that make it a lot to chew through.	<i>Per 3/4 cup (54g):</i> 210 cal 10 g protein 7 g fat 34 g carbs (10 g fiber, 10 g sugar)	<p>Protein 17% Fat 26% Carbs 57%</p>	<i>6 flavors:</i> Chocolate Crunch, Cinnamon Crunch, Honey Almond Flax Crunch, Mixed Berry Crunch, Original, Peanut Butter Crunch	Soy Flakes, Puffed Whole Grains Blend (Hard Red Wheat, Triticale Grain, Brown Rice, Rye), Brown Rice Syrup, Semisweet Chocolate† (Cane Sugar, Chocolate, Cocoa Butter, Soy Lecithin, Vanilla Extract), Whole Grain Oats, Chicory Root Fiber, Cane Sugar, Expeller Pressed Canola Oil, Oat Fiber, Cocoa†, Chocolate†, Salt, Natural Flavor, Mixed Tocopherols (Vitamin E) For Freshness.	\$5.69 / 16 oz box = \$0.71 per serving	This is a pretty "normal" healthy cereal that has above average protein and fiber content. Great if you're looking for something that tastes and feels like classic breakfast cereal with some added benefits.

	Taste	Texture	Nutrition	Macro Content (% of total calories)	Flavors	Ingredients	Value	Notes								
<b><u>Wholesome Provisions Protein Cereal</u></b>	<b>Cocoa (5):</b> The pea protein flavor really comes through in this cereal, overpowering the chocolate. I could also use more sweetness.	<b>6</b> Quite crispy, but still works decently well in milk - it softens up but doesn't get soggy easily.	<i>Per 31g packet:</i> 130 cal 15 g protein 4 g fat 8 g carbs (3 g fiber, 1 g sugar)	<p>● Protein ● Fat ● Carbs</p> <table border="1"> <tr><th>Macro</th><th>Percentage</th></tr> <tr><td>Protein</td><td>47%</td></tr> <tr><td>Fat</td><td>28%</td></tr> <tr><td>Carbs</td><td>25%</td></tr> </table>	Macro	Percentage	Protein	47%	Fat	28%	Carbs	25%	<i>4 flavors:</i> Cinnamon, Cocoa, Mixed Berry, Peanut Butter	Cereal Base (Soy Protein Isolate, Soy Flour, Soy Protein Concentrate, Rice Flour), High Oleic Sunflower Oil, Milk Protein Isolate, Inulin, Cocoa Powder (processed with Alkali), Pea Protein, Natural and Artificial Flavors, Sugar, Salt, Coconut Creamer (Corn Syrup Solids, Coconut Oil, Sodium Caseinate, Dipotassium Phosphate), Surcalose, Soy Lecithin	\$27.95 / 5 packets = \$5.59 per serving	I've only tried the cocoa flavor from this brand but wouldn't buy again based on the taste. Plus, it's super expensive!!
Macro	Percentage															
Protein	47%															
Fat	28%															
Carbs	25%															

Property of [www.PeanutButterAndFitness.com](http://www.PeanutButterAndFitness.com)