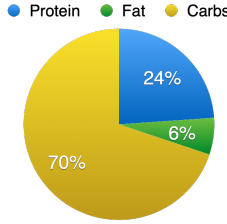
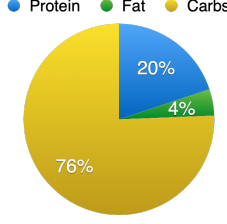
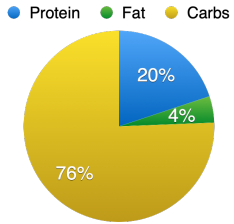
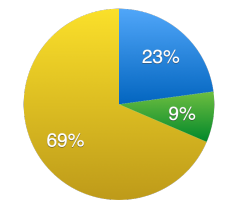
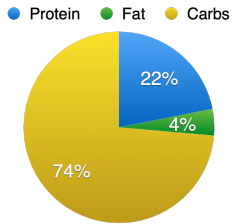
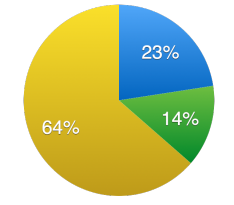
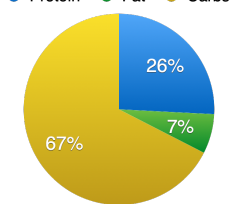
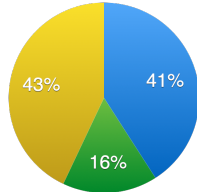


Quest for the Best - Protein Pasta

	Taste	Texture	Nutrition	Macro Content (% of total calories)	Ingredients	Value	Leftovers / Meal Prep	Notes
<u>Banza Wheat Protein Pasta</u>	9 Tastes like regular pasta for the most part, but there is a tiny hint of the chickpeas.	10 Chew is like normal pasta.	<i>Per 56g dry:</i> 190 cals 13 g protein 1.5 g fat 38 g carbs (4 g fiber, 1 g sugar)	 ● Protein ● Fat ● Carbs	Semolina (Wheat), Chickpeas, Wheat Protein, Pea Protein.	\$3.39 / 12 oz box = \$0.57 per serving	Next day - still good with sauce and without. Without is more firm. Day 3 - Still in pretty good shape! The ones without sauce have a more noticeable chalkiness. Day 6 - Doesn't fall apart when stabbed with a fork and it's not particularly chalky when you chew.	Best for meal prep.
<u>Barilla Protein+ Pasta</u>	10 Tastes like regular pasta!	9 Mostly has good texture, but is a little on the chewy end.	<i>Per 56g dry:</i> 190 cals 10 g protein 1 g fat 38 g carbs (5 g fiber, 2 g sugar)	 ● Protein ● Fat ● Carbs	Semolina (Wheat), Grain And Legume Flour Blend [Grains And Legumes (Lentils, Chickpeas, Flaxseed, Barley, Oats, Spelt), Egg Whites, Oat Fiber], Durum Wheat Flour, Niacin, Iron (Ferrous Sulfate), Thiamine Mononitrate, Riboflavin, Folic Acid	\$3.59 / 14.5 oz box = \$0.51 per serving	Next day - with sauce starts to get a little soft but still passable. Without sauce is still pretty firm. Day 3 - The one with sauce starts to fall apart relatively easily but it's still not mushy. The one without sauce has a definite chalkiness to it. Day 6 - falls apart if you try to use a fork on it, but otherwise the chew is less chalky than some other front runners.	Good for meal prep.

	Taste	Texture	Nutrition	Macro Content (% of total calories)	Ingredients	Value	Leftovers / Meal Prep	Notes
<u>Wegmans Protein Pasta</u>	8 This pasta doesn't really have a flavor of its own, which could be a good or bad thing.	10 Chew is like regular pasta.	<i>Per 56g dry:</i> 190 cals 10 g protein 1 g fat 38 g carbs (5 g fiber, 1 g sugar)	 ● Protein ● Fat ● Carbs	Semolina, Durum Flour, Pea Protein Isolate, Modified Wheat Starch, Wheat Protein Isolate, Niacin, Ferrous Sulfate (Iron), Thiamin Mononitrate, Riboflavin, Folic Acid	\$2.49 / 14.5 oz box = \$0.36 per serving	Next day - Not bad, still pretty good but slightly chalky as you chew. Day 3 - The one with sauce starts to fall apart more easily but chew is good. The one without sauce is a bit chalky when chewed. Day 6 - still passable with sauce (not too mushy), but falls apart pretty easily.	Good for meal prep.
<u>Brami Protein Pasta</u>	10 I like the flavor of this pasta better than some of the others - it's almost more savory?	10 Chew is like normal pasta.	<i>Per 56g dry:</i> 200 cals 12 g protein 2 g fat 36 g carbs (5 g fiber, <1 g sugar)	 ● Protein ● Fat ● Carbs	Semolina Durum Wheat, Lupini Beans	\$4.79 / 12 oz box = \$0.80 per serving	Next day - still in great shape both with and without sauce, but just a little worse for the wear. Day 3 - still edible, but the one with sauce has started to get a little mushy. The one without sauce definitely has a chalky texture. Day 6 - quite chalky and grainy as you chew. Not terrible, but not good to keep this long.	Okay for meal prep.

	Taste	Texture	Nutrition	Macro Content (% of total calories)	Ingredients	Value	Leftovers / Meal Prep	Notes
<u>Goodles Protein Pasta - Curveballs</u>	8 These don't really have a flavor of their own, which could be a good or bad thing.	10 Pretty much like normal pasta!	<i>Per 57g dry:</i> 180 cals 11 g protein 1 g fat 37 g carbs (7 g fiber, 1 g sugar)	 ● Protein ● Fat ● Carbs	Semolina (Wheat), Wheat Flour, Chickpea Protein, Wheat Protein, Nutrients Extracted From (Broccoli, Spinach, Kale, Pumpkin, Sweet Potato, Sunflower Seed, Cranberry, Chlorella, Maitake Mushroom, Shiitake Mushroom).	\$2.59 / 8 oz box = \$0.65 per serving	Next day - still in really good shape with or without sauce. Day 3 - still pretty good shape. The one with sauce falls apart a little more easily. Without sauce, has a slight chalky texture. Day 6 - still passable (not too mushy), but noticeable chalkiness as you chew.	Good for meal prep.
<u>Banza Gluten Free Chickpea Pasta</u>	8 A little nutty, you can tell it's not the average pasta, but it's a pretty neutral flavor	7 A little mushy, even when freshly cooked.	<i>Per 56g dry:</i> 190 cals 11 g protein 3 g fat 31 g carbs (11 g fiber, 1 g sugar)	 ● Protein ● Fat ● Carbs	Chickpeas, Pea Starch, Tapioca, Xanthan Gum.	\$3.49 / 8 oz box = \$0.87 per serving	Next day - still passable but almost chalky texture as you chew. Day 3 - Falls apart really easily and is pretty mushy/chalky as you chew.	Not recommended for meal prep.
<u>Chickapea Organic Chickpea and Red Lentil Pasta</u>	6 Has a pronounced nutty flavor, but it borders on bitter.	8 A little on the mushy side, but pretty good when freshly made.	<i>Per 56g dry:</i> 200 cals 13 g protein 1.5 g fat 34 g carbs (5 g fiber, 2 g sugar)	 ● Protein ● Fat ● Carbs	Organic Chickpea Flour, Organic Red Lentil Flour	\$5.59 / 8 oz box = \$1.40 per serving	Next day - somehow more firm than when fresh cooked?! The one with sauce loses firmness more quickly as you chew. Day 3 - Still strangely more firm than when first cooked. Day 6 - Even more firm than on day 3? There is quite a bit of chalkiness and grittiness as you chew though.	Okay for meal prep.

	Taste	Texture	Nutrition	Macro Content (% of total calories)	Ingredients	Value	Leftovers / Meal Prep	Notes								
<u>Kaizen Protein Pasta</u>	7 Kind of nutty, but not as tasty as Banza’s Chickpea pasta.	4 Too mushy and gets stuck in your teeth.	<i>Per 56g dry:</i> 130 cals 20 g protein 3.5 g fat 21 g carbs (15 g fiber, 1 g sugar)	● Protein ● Fat ● Carbs <table><tr><th>Macro</th><th>Percentage</th></tr><tr><td>Protein</td><td>41%</td></tr><tr><td>Fat</td><td>16%</td></tr><tr><td>Carbs</td><td>43%</td></tr></table>	Macro	Percentage	Protein	41%	Fat	16%	Carbs	43%	Lupini Flour, Fava Bean Protein, Tapioca Starch, Xanthan Gum	\$7.99 / 8 oz box = \$2.00 per serving	Next day - as mushy as I expected. Day 3 - terrible mush.	Not recommended.
Macro	Percentage															
Protein	41%															
Fat	16%															
Carbs	43%															
Property of <u>www.PeanutButterAndFitness.com</u>																