

Ready to Drink High Protein Meal Replacement Shakes

Brand	Calories	Fat	Sugar	Protein	Protein Type	Other Features	Average Price/svg
Aloha Plant-Based Protein	170	6	5	18	Pea, Brown Rice Protein	No artificials, no dairy/soy/gluten	\$3.25
Core Power 26g	170	4.5	5	26	Filtered Milk		\$2.52
Ensure High Protein	160	2	4	16	Milk Protein, Soy Protein		\$1.33
Ensure Max Protein	150	1.5	1	30	Milk Protein	*avoid café mocha flavor (has caffeine)	\$2.24
Ensure Plant-Based Protein	180	6	7	20	Fava Bean, Pea Protein	No artificials, no dairy/soy/gluten	\$2.61
GNC Lean 25 Shake	170	6	2	25	Milk Protein, Whey Protein		\$2.50
Muscle Milk Genuine	160	4.5	0	25	Milk Protein		\$1.50
Orgain Grass Fed Clean Protein	140	2	4	20	Milk Protein	No artificials, no soy/gluten	\$1.85
Orgain Plant-Based Protein	150	5	0	21	Pea	No artificials, no dairy/soy/gluten	\$2.20
Pure Protein	140	2	1	30	Milk Protein, Whey Protein		\$1.74
Premier Protein	160	3	1	30	Milk Protein		\$1.87
Premier Protein w/Oats	150	3	1	20	Milk Protein		\$2.00
Quest Protein	160	3.5	1	30	Milk Protein		\$1.75
Vega Plant-Based Protein	170	5	7	20	Pea, Hemp, Pumpkin Seed	No artificials, no dairy/soy/gluten	\$2.25
ZonePerfect Carb Wise	150	1	1	30	Milk Protein		\$1.85

Nutrient Goals: 150-220 calories, 5g of fat or less, 5g of sugar or less, 15-30g protein

Protein Powders

Brand	Calories	Fat	Sugar	Protein	Protein Type	Average Price/svg
Body Fortress Super Advanced Whey	200	3	2	30	Whey	\$0.94
Designer Whey	190	4	2	25	Whey	\$0.97
Designer Protein Totally Egg Protein Powder	120*	1	0	24	Egg	\$1.82
Elite Series 100% Whey	190	3	2	32	Whey	\$1.00
Equate Whey	170	2.5	2	30	Whey	\$0.80
Garden of Life Protein + Greens	120*	2	<1	20	Pea, Brown Rice, Chia	\$1.44
Nutiva Plant-Based Protein	110*	2.5	1	21	Pea, Sunflower, Pumpkin, Hemp	\$1.18
Olly Plant-Powered Protein	120*	2	4	16	Pea, Flax	\$1.67
Optimum Nutrition Gold Standard 100% Whey	120*	1.5	1	24	Whey	\$0.81
Premier Protein	150	2	1	30	Whey	\$1.17
Pure Protein	160	2.5	2	25	Whey	\$0.64
Purely Inspired Plant-Based Protein	130*	3	0	20	Pea, Brown Rice	\$1.11
Quest Protein Powder	110*	1.5	1	24	Whey, Casein, Milk	\$1.30
Vega Plant Protein and Greens	120*	2.5	1	20	Pea, Brown Rice	\$1.25
ZonePerfect Carb Wise	160	2.5	3	30	Whey/Milk	\$0.87

*will have to blend with unsweetened almond milk, cashew milk, soy milk, or skim milk for additional calories

Nutrient Goals: 150-220 calories, 5g of fat or less, 5g of sugar or less, 15-30g protein