




Protein Shake Shopping Guide for Special Diet Considerations

Shopping Tips:

- For the best deals, search online stores or try shopper/membership cards for discounts. Most direct company sites offer sales or at least 10% discounts and lower costs for larger or regular orders.
- Try different shakes - get a variety!

Remember each protein shake should have:

- at least 15 grams of protein
- 100-200 calories
- less than 20 grams of sugar
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- This includes the liquid you use to mix your protein powder (e.g., 8 ounces of milk has 12 grams sugar).
- Be aware that many “mocha”, “latte”, or coffee flavored shakes may contain caffeine which should be avoided until at least stage 4 diet of your diet progression post-surgery.
- Vegan/Dairy-free is already milk and lactose-free, but lactose-free may still have *whey*, a protein from milk.

Protein Powder Options					
Product Name	Picture	Diet Considerations	Grams Protein per Serving	Price and Servings	Where to Buy
Vega All-In-One Nutritional Shake Protein Powder		-Vegan/Dairy free -Gluten free -Soy free -No artificial sweeteners	20 grams of protein per scoop	\$60 for 17-20 servings or 1 pound container	Online at https://myvega.com/ or Target, CVS, Walgreens, GNC, Amazon
Vega Protein Made Simple Protein Powder		-Vegan/Dairy free -Gluten free -Soy free -No artificial sweeteners/ no stevia	15 grams of protein per scoop	\$15 for 10 servings or 9.1 oz container	Online at https://myvega.com/ or Target, CVS, Walgreens, GNC, Amazon
Genuine Health Fermented Organic Vegan Protein		-Vegan/Dairy free -Gluten free -Soy free -No artificial sweeteners	20 grams of protein per scoop	\$35 for 20 servings or 21.2-ounce container	Online at https://genuinehealth.com/ or Amazon, Vitamin Shoppe

<p>Ascent Plant Protein</p>		<p>-Vegan/Dairy free -Gluten free -soy free -No artificial sweeteners</p>	<p>25 grams of protein per 1 scoop</p>	<p>\$42 for 18 servings or 26-ounce container</p>	<p>Online at https://www.vitaminshoppe.com/</p>
<p>Sunwarrior Warrior Blend</p>		<p>-Vegan/Dairy free -Gluten free -Soy free -No artificial sweeteners</p>	<p>16 grams of protein per scoop</p>	<p>\$40 for 30 servings or 1.65-pound container</p>	<p>Online at https://sunwarrior.com/, GNC, Amazon, Walmart</p>
<p>About Time Natural Vegan Protein Powder</p>		<p>-Vegan/Dairy free -Gluten free -Soy free -No artificial sweeteners</p>	<p>22 grams of protein per scoop</p>	<p>\$50 for 32 servings or 2-pound container</p>	<p>Online at https://tryabouttime.com/ or Amazon</p>
<p>Sunwarrior Classic Plus</p>		<p>-Vegan/Dairy free -Gluten free -Soy free -No artificial sweeteners</p>	<p>17 grams of protein per scoop</p>	<p>\$24 for 15 servings or 13.2-ounce container</p>	<p>Online at https://sunwarrior.com/, GNC, Amazon, Walmart</p>
<p>Unjury Planted Pea Protein</p>		<p>-Vegan/Dairy free -Gluten free -Soy free -No artificial sweeteners</p>	<p>20 grams of protein per scoop</p>	<p>\$25 for 20 servings or 17.6-ounce container</p>	<p>Online at https://unjury.com/, Amazon</p>
<p>VegOut Life Recovery Wellness Protein Powder</p>		<p>-Vegan/Dairy free -Soy free -No artificial sweeteners</p>	<p>20 grams of protein per 1 heaping scoop</p>	<p>\$55 for 28 servings or a 2-pound container</p>	<p>Online at https://www.liferecoverywellness.com/</p>
<p>Garden of Life Raw Organic Plant Protein Powder</p>		<p>-Vegan/Dairy free -Gluten free -Soy free -No artificial sweeteners</p>	<p>22 grams of protein per scoop</p>	<p>\$48 for 20 servings or a 1-pound container</p>	<p>Online at https://www.gardenoflife.com/, Vitamin Shoppe, Walmart</p>

<p>Organic Plant-Based Protein Powder</p>		<p>-Vegan/Dairy free -Gluten free -Soy free -No artificial sweeteners</p>	<p>21 grams of protein per 2 scoops</p>	<p>\$32 for 20 servings or a 2-pound container</p>	<p>Online at https://orgain.com/, Amazon, Walmart, Star Market</p>
<p>Healthy N Fit 100% Egg Protein</p>		<p>-Gluten free -Dairy free -Soy free -No artificial sweeteners</p>	<p>24 grams of protein per 3/4 scoop</p>	<p>\$60 for 32 servings or 2-pound container</p>	<p>Online at https://www.vitaminshoppe.com/ or Amazon, Walmart</p>
<p>MRM 100% All Natural Whey</p>		<p>-Gluten free -Soy free -No artificial sweeteners</p>	<p>24 grams of protein per scoop</p>	<p>\$36 for 29 servings or 2-pound container</p>	<p>Online at https://mrmnutrition.com/ or Amazon, Walmart</p>
<p>Only Protein 100% All Natural Whey Protein Powder</p>		<p>-Gluten free -Soy free -No artificial sweeteners</p>	<p>18 grams of protein per scoop</p>	<p>\$30 for 21 servings or 18.5-ounce container</p>	<p>Online at https://www.onlyprotein.com/</p>
<p>Bluebonnet 100% Natural Whey Protein Isolate</p>		<p>-Gluten free -Lactose free -Soy free -No artificial sweeteners</p>	<p>26 grams of protein per scoop</p>	<p>\$34 for 14 servings or 1 pound container</p>	<p>Online at https://www.vitaminshoppe.com/, Amazon</p>
<p>Garden of Life SPORT Certified Grass Fed Whey Protein Powder</p>		<p>-Gluten free -Soy free -No artificial sweeteners</p>	<p>24 grams of protein per scoop</p>	<p>\$57 for 20 servings or a 1-pound container</p>	<p>Online at https://www.gardenoflife.com/, Vitamin Shoppe, Walmart</p>

<p>About Time Whey Protein Isolate</p>		<p>-Gluten free -Lactose-free -No artificial sweeteners</p>	<p>25 grams of protein per scoop</p>	<p>\$43 for 32 servings or 2- pound container</p>	<p>Online at https://www.gnc.com/ or Amazon</p>
<p>True Athlete Natural Whey Protein</p>		<p>-Gluten free -No artificial sweeteners</p>	<p>20 grams of protein per 2 scoops</p>	<p>\$35 for 40 servings or 2.5- pound container</p>	<p>Online at https://www.vitaminshoppe.com/ or Amazon, Walmart</p>
<p>BiPro Renew Whey Protein Isolate Powder</p>		<p>-Gluten free -Lactose-free -No artificial sweeteners</p>	<p>23 grams of protein per scoop</p>	<p>\$25 for 17 servings or 1 pound pouch</p>	<p>Online at https://www.biprousa.com/, Amazon, Target</p>
<p>WheyVia Life Recovery Wellness Protein Powder</p>		<p>-Gluten-free -No artificial sweeteners</p>	<p>24 grams of protein per scoop</p>	<p>\$50 for 28 servings or 2- pound container</p>	<p>Online at https://www.liferecoverywellness.com/</p>
<p>Isopure Infusions Clear Protein Powder</p>		<p>-Lactose-free -Gluten-free -Soy-free -No artificial sweeteners</p>	<p>20 grams of protein per scoop</p>	<p>\$28-\$35 for 16 servings or 2- pound container</p>	<p>Online at http://www.theisopurecompany.com/, GNC, Amazon</p>

Ready-to-drink Options

Product Name	Picture	Special Diet Considerations	Grams Protein per Serving	Price and Servings	Where to Buy
Owyn Plant-Based Protein Shake		-Vegan/Dairy free -Gluten free -Soy free -No artificial sweeteners	20 grams of protein per 12-ounce bottle	\$37 for 12 bottles (depends on package size and buying location)	Online at https://liveowyn.com/ , Vitamin Shoppe, Amazon
Koia Plant-Based Protein Shake		-Vegan/Dairy free -Gluten free -No artificial sweeteners	18 grams of protein per 12-ounce bottle	\$48 for 12 bottles but prices may vary depending on location.	Online at https://drinkkoia.com/ , Target, Star Market, Amazon, Whole Foods
Orgain Organic Plant-Based Protein Shake		-Vegan/Dairy free -Gluten free -Soy free -No artificial sweeteners	20 grams of protein per 11-ounce bottle	\$30 for 12 bottles (depends on package amount and buying location)	Online at https://orgain.com/ , Amazon, Walmart, Star Market
Silk Ultra Plant-Based Protein Drink		-Vegan/Dairy free -Gluten free -No artificial sweeteners	20 grams of protein per 8-ounce cup	\$5.79 for 59 fluid ounces (about 7 servings) but prices may vary depending on location.	Walgreens, Star Market, Target, and most other grocery stores.
Orgain Organic Protein Grass Fed Protein Shake		-Soy Free -99.7% Lactose-free -Gluten free -No artificial sweeteners	16-26 grams of protein per 14-ounce bottle	\$30-36 for 12 bottles (16 vs 26 g protein - depends on package amount and buying location)	Online at https://orgain.com/ , Amazon, Walmart, Star Market
Fairlife Ultra-Filtered Milk 1% or Fat-Free		-Soy Free -Gluten free -No artificial sweeteners	13 grams of protein per 8-ounce cup	\$3.30-3.99 for 52 fluid ounces (about 7 servings) but prices vary depending on location.	Walgreens, Star/Shaws Market, Target, Stop & Shop and most other grocery stores.