

PROTEIN SUPPLEMENTS



- Look for whey (whey protein isolate) or soy-based protein supplements. Other options include egg white, casein, or plant-based.
- Supplements should contain:
 - ◊ **20-30 grams protein per serving**
 - ◊ **No more than 4 grams of sugar per serving**

POWDER OPTIONS: Mix with water, skim milk, 1% milk, unsweetened non-dairy milk, or a sugar-free beverage.

Product/Vendor	Flavors	Nutrition per serving	Price
Unjury www.unjury.com Bloemke Pharmacy, Belmond, IA	Multiple sweet and savory flavors	Calories: 90-100 Protein: 21g Sugar: 0-3g	1.8 lb, 15 servings, \$24.95-27.95 1.8 lb, 15 servings, \$24.95 (Unflavored) <i>Price from unjury.com</i>
Optimum Nutrition 100% Whey Gold Standard GNC, Hy-Vee www.optimumnutrition.com	Multiple flavors	Calories: 110-120 Protein: 24g Sugar: 1-2g	2 lb, 29 servings, \$44.99 <i>Price from optimumnutrition.com</i>
Zero/Low Carb Isopure The Vitamin Shoppe Amazon.com, GNC.com	Multiple flavors	Calories: 110 Protein: 25g Sugar: 0g	1 lb, 15 servings, \$31.99 3 lb, 44 servings, \$79.99 <i>Prices from theisopurecompany.com</i>
Quest Protein Walmart questnutrition.com	Multiple flavors	Calories: 100-110 Protein: 20-24g Sugar: 0-1g	1.6 lb, 23 servings, \$27-32.68 Walmart 3 lb, 45-58 servings, \$59.99 <i>Price from questnutrition.com</i>
Body Fortress Super Advanced Isolate Protein Walmart	Chocolate, Vanilla Crème	Calories: 140 Protein: 30g Sugar: <1g	1.5 lb, 17-18 servings, \$40-60 <i>Price from www.walmart.com</i>
Syntrax Nectar Si03.com	Multiple flavors **Lactose Free** **Gluten Free**	Calories: 90-100 Protein: 23g Sugar: 0g	2 lb, 32 servings, \$59.95 <i>Price from si03.com</i>
Elevation by Millville Whey Protein Blend Aldi, Amazon	Vanilla, Chocolate	Calories: 170 Protein: 30g Sugar: 2-3g	2 lb, 19 servings, \$20.15, <i>price from Aldi</i> \$34.90, <i>price from Amazon</i>
Seeq seeqsupply.com	Multiple flavors **Lactose Free** **Gluten Free**	Calories: 100 Protein: 22g Sugar: 0	1.5 lb, 25 servings, \$49.99 <i>Price from seeqsupply.com</i>
Just Ingredients justingredients.com ,Amazon	Multiple flavors	Calories: 140-160 Protein: 22-24g Sugar: 0-1g	2.5 lb container, 30 servings, \$59.99 <i>price from justingredients.com</i> 1 lb container, 15 servings, \$46.99 , <i>price from Amazon</i>
Ghost Whey Protein Target, Walmart, GNC, Amazon	Multiple flavors **Gluten Free**	Calories: 120-150 Protein: 25g Sugar: 2g	1.4 lb, 15 servings, \$29.99, <i>price from Target</i> 2 lb, 26 servings, \$42.74, <i>price from Amazon</i>
Clean Simple Eats cleansimpleeats.com	Multiple flavors **Gluten Free**	Calories: 88-110 Protein: 20g Sugar: 0	2.3 lb, 30 servings, \$59.99 <i>Price from cleansimpleeats.com</i>

READY-TO-DRINK OPTIONS

Product/Vendor	Flavors	Nutrition per serving	Price
Premier Protein premierprotein.com, Sam's Club/Costco, Target, Hy-Vee, Walmart, Fareway	Multiple flavors	Calories: 160 Protein: 30g Sugar: 1g	15 pack, \$36.49 4 pack, \$13.00 <i>Prices from Walmart</i>
Premier Clear Protein Drink premierprotein.com, Sam's Club, Amazon	Multiple fruit flavors **Gluten Free**	Calories: 90 Protein: 20g Sugar: 0g	12 pack, \$26.64 <i>Price from Sam's Club</i>
Equate High Performance Protein Shake Walmart	Vanilla, Chocolate, Caramel	Calories: 160-170 Protein: 30g Sugar: 1g	4 pack, \$7.48 12 pack, \$20.98 <i>Prices from walmart.com</i>
Muscle Milk Zero Protein Shake Target, Walmart, Fareway, Hy-Vee, Amazon	Chocolate, Vanilla Crème	Calories: 100 Protein: 20g Sugar: 0g	4 pack, \$7.98, <i>price from Walmart</i> 12 pack, \$27.99, <i>price from Amazon</i>
Ensure Max Protein Walmart, Target, Hy-Vee, CVS, Amazon	Multiple flavors **Gluten Free*	Calories: 150 Protein: 30 Sugar: 1g	4 pack, \$12.29, <i>price from target.com</i> 4 pack, \$11.98, <i>price from Walmart</i>
Fairlife Nutrition Plan Sam's Club/Costco, Amazon, Walmart, Hy-Vee	Chocolate, Vanilla, **Gluten Free** **Lactose Free**	Calories: 150 Protein: 30g Sugar: 2g	12 pack, \$22.66, <i>price from Sam's Club</i> 18 pack, 38.99, <i>price from Costco</i>
Quest Protein Shake Amazon, Target, Hy-Vee	Chocolate, Vanilla, Caramel, Coffee **Gluten Free**	Calories: 160 Protein: 30g Sugar: 1g	4 pack, \$8.89 12 pack, 23.49 <i>Prices from Target</i>
Protein 20 Plus Walmart, Hy-Vee, Amazon	Multiple fruit flavors	Calories: 90 Protein: 20g Sugar: 0g	12 pack, \$20-24, <i>price from Amazon</i> 4 pack, \$7.78, <i>price from Walmart</i>
Nurri Costco, drinknurri.com	Chocolate **Lactose Free**	Calories: 150 Protein: 30g Sugar: 1g	12 pack, \$26.99 <i>Costco Price from Costco</i>
Celebrate CLR Protein Water celebrateprotein.com	Multiple fruit flavors **Gluten Free**	Calories: 80 Protein: 20g Sugar: 0	4 pack, \$14.95 12 pack, \$39.95 <i>Prices from celebrateprotein.com</i>
Protality Walmart, CVS, Amazon	Milk Chocolate, Vanilla	Calories: 150 Protein: 30g Sugar: 1g	4 pack, \$11.98, <i>price from Walmart</i> 4 pack \$14.99, <i>price from CVS</i> 12 pack \$31.32, <i>price from Amazon</i>