



Protein Powder Guide

How to Choose a Protein Powder:

- Choose one with minimal ingredients
- Choose one without artificial sugars or flavors, added sugar, preservatives, or refined oils
- Ideally choose one that is organic
- Best protein sources: pea protein or organic whey protein (avoid if lactose intolerant)

You can find good quality protein powder at grocery stores like **Sprouts, Walmart, Target,** and **Ralphs**. **Click the links below** to check out the product and even order it online! ** Prices listed may change.*

WALMART

[Better Body Food Organic Protein](#) \$12.96 (\$1.02 per oz)

[Garden of Life Organic Vanilla Protein](#) \$19.97 (\$1.04 per oz)

[Purely Inspired Plant Based Vanilla Protein](#) \$19.97 (\$0.83/oz)

AMAZON

[Anthony's Unflavored Pea Protein](#) \$16.49 (\$0.52/oz)

[Sprout Living Organic Pea Protein](#) \$17.96 (\$1.12/oz)

[Natural Force Grass-fed Whey Unflavored](#) \$28.49 (\$2.06 oz)

[Simply Tera's Organic Whey](#) \$29.98 (\$2.50/oz)

[Vital Proteins Unflavored Collagen](#) \$41.39 (2.07/oz)

SPROUTS

[Sprouts Vanilla Vegan Protein](#) \$23.99 (\$1.42/oz)

[Garden of Life Raw Organic Vanilla Protein](#) \$39.99 (1.82/oz)

[Collagen peptides in BULK, unflavored](#) \$17.99 (1.12/oz)

Ways to Use Protein Powder to Boost Protein Intake:

- Blend in smoothies with fruit, leafy greens, and nuts/seeds.
- Mixed into oatmeal.
- Mixed into pancake or muffin mix.