

# Protein Powder Guide

## Dairy-based

Ascent Native Fuel Whey Protein: Minimal ingredients for those who value simplicity and high-quality whey.

SFH Pure Whey Isolate Protein: Great for muscle recovery with added omega-3s.

Naked Whey Protein: Just as it sounds, no additives at all—perfect for athletes who want just whey.

Collagen Peptides Bub's Naturals: Boosts skin, joint, & gut health + protein intake. (pro tip: stir into coffee)

All Natural Whey Smooth by dotFit: Designed for a smooth blend and no artificial sweeteners.

Whey Isolate by Thorne Research Performance Nutrition: Highly bioavailable for easy digestion.

proteins+ by Genuine Health: Added greens for extra nutrients in your protein shake.

## Plant-based

Vital Proteins Plant-Based Protein: Includes collagen boosters and adaptogens for holistic support.

Garden of Life Organic Protein: Packed with probiotics for gut health and immune support.

Best Plant Protein by dotFit: Formulated for great taste and smooth mixability.

VegaLite by Thorne Research Performance Nutrition: Hypoallergenic and easy on sensitive stomachs.

Vegan Proteins + by Genuine Health: Plant-based protein with digestive enzymes for better absorption.

Vega Sport Performance Protein by Sequel Naturals: Specifically designed for athletes to support recovery.

Hemp Yeah! Plant Protein Blend: Hemp-based with fiber for a whole-food protein boost.

## Other options

TrueNutrition.com: Customizable blends for those with specific preferences or dietary needs.

Jay Robb Egg White Protein: A clean, dairy-free option with a high protein-to-calorie ratio

Cricket-based protein powder: Sustainable and nutrient-packed for adventurous eaters.

What defines “worse” or “better” involves many factors, including how processed a food might be, what other choices are available, and how *your* body responds to that food.

If you're unsure about a powder, look for minimal ingredients and aim for 20+ grams of protein per scoop.

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