

Protein Shake Comparison

These shakes contain at least 15g of protein, less than 30g of carbohydrates, no artificial sweeteners and do not have to be ordered online.

Protein Bar	Calories	Protein	Carbs	Fiber	Added Sugar	Fat	Taste
Chobani Complete Strawberry Cream	170	20 g (milk)	16 g	3 g (chicory root)	0 g (monk fruit, stevia)	2.5 g	Like yogurt or kefir
Evolve Creamy Vanilla	140	20 g (pea)	15 g	10 g (soluble corn fiber)	4 g (cane sugar, stevia)	1.5 g	Very sweet
Koia Protein Vanilla Bean	190	18 g (pea, brown rice, chickpea)	13 g	7 g (chicory root, agave)	4 g (cane sugar, monk fruit)	7 g	Oddly sweet
Orgain Plant Protein Creamy Chocolate	140	20 g (pea)	8 g	2 g	0 g (monk fruit, stevia)	4.5 g	Very sweet, and thick
Orgain Protein 26g Creamy Chocolate	160	26 g (whey)	15 g	2 g	0 g (stevia) + 7g erythritol	4 g	Chemical sweetness
OWYN Pro Elite 32g Vanilla	200	32 g (pumpkin seed, pea)	3 g	3 g	0 g (monk fruit)	7 g	Oddly sweet
Rebbl Protein Strawberries + Cream	250	16 g (pea)	14 g	2 g	4 g (coconut sugar)	11 g	Not overly sweet, like coconut
Slate Dark Chocolate	100	20 g (milk)	15 g	2 g	0 g (allulose, monk fruit)	1 g	Smooth + creamy, great flavor
Suja Protein Vanilla Cinnamon	200	16 g (pea, rice, hemp)	12g	3 g (inulin, acacia)	6 g (cane sugar, stevia)	10 g	Oddly thick, good flavor