



ON-THE-GO PROTEIN OPTIONS





Ready-To-Drink (RTD) Protein Shakes

Pros: Quick, easy way to get a lot of protein consumed in a very short amount of time

Cons: Can be not very satiating

Recommendations: Hands down the best tasting are the Core Power Series from Fairlife. You can go with the baseline version which delivers 26 grams of protein per bottle or the “Elite” series which packs 42 grams of protein per bottle!

Another popular brand is the “Premiere” Protein Shakes found at Costco. Each container gives you 30 grams of protein. Personally, they’re not my favorite, but they get the job done and a lot of people do like them.

If you’re looking for a plant-based version of an RTD, then I’d look at Huel. Although if you use Huel, then some of you will want to consider it a full meal as it will supply you with 400 calories per bottle (80 of those calories coming from the 20 grams of protein in it).

Protein Bars

Pros: A bit more satiating than a shake and added fiber (depending on the brand of bar chosen). Most brands have good taste...almost too good.

Cons: Have to be careful with brand chosen. Many protein bars nowadays are glorified candy bars with protein added. Can cause gut and digestion issues with some people with the added artificial sweeteners which are added to the majority of bars.

Recommendations: Quest Bars have proven to be the most consistent over the past decade; taste wise, protein content wise without too many calories (180-200kcal/bar depending on flavor), and quality-wise.



The Kirkland Signature Protein Bars from Costco are also a great alternative to the Quest Bar. The only negative I've seen about them is ConsumerLab reported they found only 9.4 grams of fiber in the bars which is nearly 40% less than the 15 grams of fiber reported on the nutrition label for the Chocolate Brownie flavor (they may have corrected this since I've written this recommendation).

If you're looking for a plant-based protein bar, then my recommendation is No-Cow. I can personally vouch for the taste of these. I love the consistency and how chewy they are too.

Finally, if you're looking for something as close to "natural" as you can get, then go with an RX Bar. Technically, it's not a protein bar, but if you eat two of them, then you can treat it as a meal and still get around 24-25 grams of protein (depending on the flavor, roughly 12 grams of protein per bar).

Jerky Sticks

Pros: Quick, convenient protein option which doesn't require refrigeration. Taste great on its own, but even better when paired with a fruit.

Cons: The quality of jerky from the major companies within the jerky market tend to have more additives than I'd like to see for something as simple as jerky. To combat this, I recommend brands like Epic Provisions, Chomps, and Archer Provisions. Jerky can get stuck in between your teeth and if you're like me, then that means you're flossing right after you're done so make sure you have dental floss handy.

Recommendation: Can be consumed alone, but my preferred method is with some fruit. It makes for a great combo of sweet and savory.

Greek Yogurt

Pros: Quick, convenient and packed with protein. Can be paired easily with other food.



Cons: Need to be mindful of which kind you purchase. Most of you will do best with a 0% fat option. This cuts back on total calorie content and maximizes the percentage of calories from protein.

Not a solid plant based option replacement nor a good non-dairy option if you're lactose intolerant.

Recommendation: My preferred brand is Oikos with their "Triple Zero" line. You can either get a cup of it (less than 100 kcal and 15 grams of protein) or go with a tub of it. There are plenty of brands out there though so go with whichever you like best.

Side note: not the same as Greek Yogurt, but Skyr, an Icelandic, thick, creamy yogurt, is also a great option. I actually like it better than Greek Yogurt and will get "Thor's" brand whenever I can. Also, it has more protein in a cup than Greek Yogurt.

Cottage Cheese

Pros: Same as Greek Yogurt

Cons: Same as Greek Yogurt

Recommendation: I'm not a fan at all of cottage cheese so I can't give a personal recommendation. There are tons of brands out there though so choose whichever you like best.

Meat Bites

Pros: Taste amazing. If you go with Epic Provisions then it's 200 calories per bag and over 25 grams of protein.

Cons: You're paying over \$7 per bag for 200 calories and 25 grams of protein. For comparison, a Quest Protein Bar, which has roughly the same amount of calories and protein, costs a little over \$2 per bar (if you get a box of 12).

If you don't mind paying that kind of money for so little food, then have at it.

Recommendation: Epic Provisions.