

Ready-made Supplements

Protein Supplement	Grams of Protein	Locations for Purchase
Ensure® High Protein	16 grams	Target
Ensure® Max (11 oz.)	30 grams	Target
Ensure® Plant Based (11 oz.) Fiber: 5 grams	20 grams	Amazon, CVS
Genuine Muscle Milk® (11 oz. carton)	25 grams	RiteAid, Walmart
Boost® Glucose Control Fiber: 3 grams	16 grams	Grocery stores, Pharmacies
Vega® Protein Nutritional Supplement (11 Oz.) Plant-based, dairy free Fiber: 4 grams	20 grams	Wegmans, Target
Premier Protein® (11 oz.)	30 grams	Costco, BJ's, Walmart
OWYN™ (12 oz. bottle) Plant-based, dairy free, free of nuts, shellfish, soy, eggs Fiber: 4 grams	20 grams	Wegmans, Walgreens, Vitamin Shoppe
Fairlife® Nutrition Plan (11 oz.)	30 grams	BJ's

Protein Powders: Non-lactose Free

Protein Supplement	Grams of Protein	Locations for Purchase
GENEPRO 1 scoop = about 1 Tbsp.	30 grams	GNC
Rebuild Protein Plus Probiotic (2 scoops) Fiber: 5 grams	20 grams	Celebrate website Highland Pharmacy
Bobs Red Mill® Whey Protein	15 grams	Wegmans, Tops, Walmart, Big Lots
Body Fortress® Whey Powder	26 grams	Walmart
Orgain® Whey Protein Powder Organic, clean protein Fiber: 4 grams	20 grams	BJ's, Wegmans

****Note: most supplements are also available for purchase online.****

Protein Powder: 98% Lactose-free

Protein Supplement	Grams of Protein	Locations for Purchase
QUEST®	25 grams	Wegmans, Target, Walmart
SYNTRAX® Nectar Whey Protein Isolate	23 grams	Vitamin Shoppe
Reservage™ Whey Powder Grass-fed cows, no hormones, no artificial flavors or sweeteners, soy-free, GMO free	21 grams	Lori's Natural Foods
Jacob Robb™ Whey Powder Grass-fed cows, no hormones, no artificial flavors or sweeteners, soy-free	24 grams	Lori's Natural Foods, Vitamin Shoppe, GNC
Jay Robb™ Egg White Protein No artificial flavors or sweeteners, lactose/soy free	23 grams	Lori's Natural Foods, Vitamin Shoppe, GNC

Vegetable Based Protein Powders: Non-dairy, Non-whey

Protein Supplement	Grams of Protein	Locations for Purchase
SUNWARRIOR® Plant-based, dairy/soy free, no artificial flavors or sweeteners, GMO free Fiber: 2 grams	24 grams	Lori's Natural Foods, Vitamin Shoppe
Garden of Life® Lactose/soy free, GMO free, no artificial flavors or sweeteners Fiber: 3 grams	20 grams	Lori's Natural Foods, Vitamin Shoppe, some Wegmans
Orgain® Organic Protein Plant-based dairy, lactose/soy free, gluten free (2 scoops) Fiber: 6 grams	21 grams	RiteAid, Walmart, Target
Bob's Red Mill® Plant Protein Nutrition Booster Fiber: 12 grams	20 grams	Wegmans, Tops, Big Lots, Walmart

Clear Liquid Supplement

Protein Drink	Grams of Protein	Locations for Purchase
ISOPURE® 20 oz. Bottle	10 oz. = 20 grams (40 grams per bottle)	Vitamin Shoppe
New Whey, 3.8 oz. Bottle	1.9 oz. = 20 grams (40 grams per bottle)	Vitamin Shoppe