

TOP 10 HIGH PROTEIN DRINKS TO-GO

High protein drinks can be a valuable tool when you are on the go. Here are some of the top ones that can help.

1. CalNaturale Svelte Organic Protein Drink

Per 15.9 fl oz bottle: 260 calories, 10 g fat, 190 mg sodium, 29 g carbs (5 g fiber, 9 g sugar), 16 g protein

2. Organic Valley Organic Fuel High Protein Shake

Per 11 fl oz bottle: 260 calories, 6 g fat, 105 mg sodium, 27 g carbs (1 g fiber, 26 g sugar), 26 g protein

3. Muscle Milk Organic Non Dairy Shake

Per 12 fl oz bottle: 170 calories, 4 g fat, 180 mg sodium, 14 g carbs (0 g fiber, 9 g sugar), 20 g protein

4. Orgain Organic Nutritional Shake/Grass Fed Protein Shake/Vegan Shake

Per 11 fl oz bottle: ~255 calories, ~7 g fat, ~260 mg sodium, ~32 g carbs (~2 g fiber, ~12 g sugar), ~16 g protein

5. FitPro Go!

Per 14 fl oz bottle: 200 calories, 2.5 g fat, 400 mg sodium, 10 g carbs (2 g fiber, 8 g sugar), 35 g protein

6. Coco Libre Protein Coconut Water

Per 11 fl oz bottle: 140 calories, 1 g fat, 280 mg sodium, 16 g carbs (3 g fiber, 7 g sugar, 7 g erythritol), 15 g protein

7. Iconic Lean Protein Shake

Per 11.5 fl oz bottle: 130 calories, 2 g fat, 8 g carbs (4 g fiber, 3 g sugar), 20 g protein

8. Organic Balance Milk Protein Shake

Per 11 fl oz bottle: 190 calories, 3.5 g fat, ~180 mg sodium, 24 g carbs (1 g fiber, 23 g sugar), 16 g protein

9. Stonyfield Organic Protein Smoothie

Per 11 fl oz bottle: 190 calories, 2 g fat, 170 mg sodium, 26 g carbs (1 g fiber, 15 g sugar), 15 g protein

**These all contain no artificial sweeteners, high-fructose corn syrup, or hydrogenated oils.*

MORE

Ensure Enlive

Per 8 fl oz bottle: 350 calories, 11 g fat, 240 mg sodium, 44 g carbs (3 g fiber, 20 g sugar), 20 g protein

Ensure Plus

Per 8 fl oz bottle: 350 calories, 11 g fat, 220 mg sodium, 50 g carbs (0 g fiber, 20 g sugar), 13 g protein

Boost Plus High Protein Shake

Per 8 fl oz bottle: 240 calories, 6 g fat, 200 mg sodium, 33 g carbs (0 g fiber, 23 g sugar), 15 protein

- Written by Kathryn Holly Mott, RD, ONC