Protein Supplements

**Protein Shakes (Pre-made)**
Pre-made protein shakes are available in ready to drink containers.

Choose protein shakes with:
- 15-40 grams of protein
- Less than 5 grams of carbohydrate (subtract fibre from total carbohydrate)

★ Always double check the Nutrition Information label as they may change over time.

Here are some examples:

Where to Buy:
- Costco
- Walmart
- Shoppers Drug Mart
- GNC
- Popeyes
- Bulk Barn
- Healthy Planet
- Your local grocery store
- Your local health food store
- Online (e.g. Amazon.ca; Well.ca)
Protein Powders

Choose protein powders made from whey, soy, egg, or pea (e.g. Whey or Soy Isolate). You can choose flavoured or unflavored protein powders.

Each scoop (30-40 grams) should have:

- 20-35 grams of protein
- Less than 7 grams of carbohydrate

Always double check your Nutrition Facts label as the nutritional content of a product can change.

Here are some examples:

![Protein Powders Examples]

Where to Buy:

- Costco
- Walmart
- Bulk Barn
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- GNC
- Popeyes
- Your local grocery store
- Your local health food store

Online:

- www.revolution-nutrition.com
- canadianprotein.com
- www.gnc.ca
- www.amazon.ca
- emnhealth.com/products/isolution
- www.popeyescanada.com
- well.ca