

Protein powder recommendations

I would recommend one of the following *plant based protein powders* in order of preference (Most are available from Nutrition Warehouse or some health food stores, online, and some through me/ your vital.ly account if you are a client of mine):

- **Nuzest – clean lean protein** (based on pea and minimal ingredients)
1Kg= \$72.00 - \$90.00
- **RAW paleo protein powder** (has the addition of digestive enzymes for absorption)
1Kg= \$60.76 - \$75.95
- **White Wolf Nutrition** (based on pea, pumpkin, and watermelon seeds)
\$900g= \$74.95
- **Tropeaka** (based on pea, brown rice, pumpkin seed)
500g= \$45.70 (from 'nourished life' or direct from Tropeaka)
- **Prana On – Power Plant** (based on pea, rice, and beans)
1.2Kg= \$79.95 online or nutrition warehouse/ health food store

*Prices are current as of January 2022 and are based on an estimate.

For more specific dietary advice or to enquire about an appointment with a degree qualified Naturopath and Nutritionist, book in for a FREE 15minute discovery call at meganjayne360wellness.com.au

Megan 🍏



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