

The Perfect Shake

- Use 8 ounces of cold water or other chosen liquid per full scoop of Quest Protein.
- Whip in a blender if possible for best texture.

When adding fruit or other ingredients, more water may be needed to achieve desired consistency.

Serving suggestions



Shakes

Recipe Book Included!



Neapolitan Cake



Chocolate Lava Cake



Carrot Cake Muffin

Find more recipes at QuestNutrition.com/Cookbook

SHARE YOUR QUEST RECIPE WITH US

#CHEATCLEAN    

YOU MAY SEE YOUR RECIPE FEATURED!

@QUESTNUTRITION

This package is sold by weight, not volume. Some settling of contents may have occurred during shipping and handling. Keep container closed and in a cool, dry location.

Notice: For weight reduction, use only as directed with a prescribed diet plan. Do not use in diets supplying less than 400 calories per day without medical supervision.

QUEST Protein POWDER™

GREAT FOR SHAKES, BAKING & COOKING

20g PROTEIN PER SCOOP

50%

WHEY PROTEIN ISOLATE

40%

MICELLAR CASEIN

10%

MILK PROTEIN ISOLATE

Serving Suggestion

⚠️ NOT A LOW-CALORIE FOOD. SEE NUTRITION FACTS PANEL.

1g NET CARB** PER SERVING

WITH PROTEIN COOKIE CRUMBLES!

COOKIES & CREAM FLAVOR

80% P/CAL
% OF TOTAL CALORIES THAT COME FROM PROTEIN



SOY FREE



SUGAR per serving†



GLUTEN FREE



BAKES WELL

NET WT 32oz (2lb) (907g)

Nutrition Facts

Serving Size 1 scoop (32g)
Servings Per Container 28

Amount Per Serving		% Daily Values*	
Calories 100	Calories from Fat 15		
Total Fat 1.5g			2%
Saturated Fat 1g			5%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 140mg			6%
Potassium 70mg			2%
Total Carbohydrate 7g			2%
Dietary Fiber 1g			4%
Sugars <1g			
Erythritol 5g			
Protein 20g			40%
Vitamin A 0%	Vitamin C 0%		
Calcium 10%	Iron 4%		
Phosphorus 6%	Magnesium 4%		
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily values may be higher or lower depending on your calorie needs.			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Potassium		3500mg	3500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50mg	65mg
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4			

INGREDIENTS: PROTEIN BLEND (WHEY PROTEIN ISOLATE, MICELLAR CASEIN, MILK PROTEIN ISOLATE), ERYTHRITOL, NATURAL FLAVORS, COCONUT OIL, COCOA (PROCESSED WITH ALKALI), DEXTRIN, CELLULOSE GUM, COCOA BUTTER, XANTHAN GUM, SALT, SOLUBLE CORN FIBER (PREBIOTIC FIBER), SUNFLOWER LECITHIN, SODIUM CASEINATE, SUCRALOSE, STEVIOL GLYCOSIDES (STEVIA), BAKING SODA.

CONTAINS: MILK-DERIVED INGREDIENTS, COCONUT.

Manufactured by: Quest Nutrition, LLC
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TASTE, REIMAGINED

Quest Protein Powder™ is a tasty decadent blend, even when it's simply mixed with water! We've transformed whey, casein, and milk protein isolates into impossibly delicious flavors that are distinctly Quest. But we didn't stop there.

CHEAT DAY, EVERYDAY

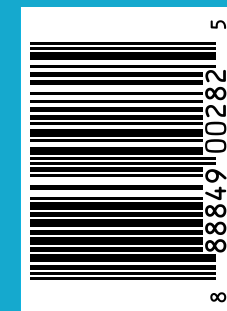
Quest Protein Powder™ is also a groundbreaking cooking companion for your favorite #CheatClean® recipes. Ditch the junk food for this incredible ingredient swap to turn a carb-heavy cheat into a protein-rich treat.

P/CAL - PROTEIN / CALORIE RATIO

We believe a great protein powder should have a high protein-to-calories percentage. Quest Protein Powder™ has one of the highest because we don't add unnecessary ingredients. It's just amazing taste and excellent nutrition. To find the P/Cal of any product, multiply the protein grams by 4 and divide by the total number of calories. Compare us to other leading brands and see!

(20g protein x4) / 100 calories = 80% P/Cal

**7g Carbs - 1g Fiber - 5g Erythritol = 1g Net Carb



U1P