

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 Suggestion



Cinnamon Bundt Cake



Horchata Shake



Cinnamon Crunch Squares



Cinnamon Roll Shake

50%

WHEY PROTEIN ISOLATE

40%

MICELLAR CASEIN

10%

MILK PROTEIN ISOLATE

Find recipes at [QuestNutrition.com/Cookbook](https://questnutrition.com/cookbook)

SHARE YOUR QUEST RECIPE WITH US  
#CHEATCLEAN



GREAT FOR SHAKES,  
BAKING & COOKING

# QUEST<sup>®</sup> Protein<sup>®</sup>

P O W D E R



1g  
NET CARB\*\*  
per serving

WITH PROTEIN  
CEREAL  
FLAVORED  
CRUMBLES!

Serving  
Suggestion

20g  
PROTEIN  
per scoop

**CINNAMON CRUNCH  
FLAVOR**  
WITH OTHER NATURAL FLAVORS

80%  
P/CAL<sup>‡</sup>



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

Nutrition Facts

Serving Size 1 scoop (29g)  
Servings Per Container 31

Amount Per Serving	
<b>Calories</b> 100	Calories from Fat 15
% Daily Values*	
<b>Total Fat</b> 1.5g	2%
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol</b> 5mg	2%
<b>Sodium</b> 160mg	7%
<b>Potassium</b> 65mg	2%
<b>Total Carbohydrate</b> 4g	1%
Dietary Fiber 1g	4%
Sugars <1g	
Erythritol 2g	
<b>Protein</b> 20g	<b>40%</b>
Vitamin A 0%	Vitamin C 0%
Calcium 25%	Iron 2%
Phosphorus 15%	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	Less than	3500mg	3500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

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, Soluble Corn Fiber (Prebiotic Fiber). **Contains less than 2% of the following:** Almonds, Butter, Cinnamon, Sunflower Lecithin, Sea Salt, Carrageenan, Cellulose Gum, Baking Soda, Steviol Glycosides (Stevia), Xanthan Gum.  
**Contains:** Almonds, Milk-Derived Ingredients and Coconut.

Manufactured for Quest Nutrition,  
City of Industry, CA 91745  
[QUESTNUTRITION.COM](https://questnutrition.com)  
888.212.0601 QUEST NUTRITION, LLC



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

**CHEAT DAY, EVERYDAY**  
Quest<sup>®</sup> Protein Powder is also a groundbreaking cooking companion for your favorite #CheatClean<sup>®</sup> 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<sup>®</sup> 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!

‡% of total calories that come from protein (20g protein x4) / 100 calories = 80% P/Cal  
\*\*4g Carbs - 1g Fiber - 2g Erythritol = 1g Net Carb



PSU107-iP

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.