

Forum:[Hack Forums](#)

Thread: [Non-Dairy Protein Sources](#)

Wilmer - August 24, 2023, 2:09 am

I'm cutting all dairy out in order to improve my gut health among other things. I would love any suggestions on protein powder for after gym quick refuel and some sort of quick snack with about 20-30 grams of protein. Tried Naked brand strawberry banana vegan protein powder this morning and holy shit was it disgusting.

Edit : Found this video, going to try vivo life out.

<https://youtu.be/nDlqTev5DI4?si=VUSBGtvP4wQ3UK6O>

Karwus - August 31, 2023, 6:44 am

Maca root and hemp grain are awesome

SRT - October 9, 2023, 6:42 pm

Lentils contain tonnes of protein.

Eran - October 10, 2023, 2:30 am

Tuna, peanut butter, meat, spinach, beans, lentils, rice, oats... you can also get protein powder in forms that is not dairy.

blackrose_x0x0 - October 10, 2023, 9:47 am

(Aug 24, 2023 02:09 AM)Wilmer Wrote: [\[CITE\]](#) I'm cutting all dairy out in order to improve my gut health among other things. I would love any suggestions on protein powder for after gym quick refuel and some sort of quick snack with about 20-30 grams of protein. Tried Naked brand strawberry banana vegan protein powder this morning and holy shit was it disgusting.

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Naked brand indeed tastes gross.

As for a non-dairy protein powder, you could try looking into other pea protein powders.

Prettykitty - October 10, 2023, 2:24 pm

I second the pea protein, and also protein from seafood is good. Also eggs are the best, if you can have them.

Aeowulf - October 13, 2023, 11:01 am

Smart choice.

I love Tofu, when cooked and seasoned well, its unbeatable!

Rice & Beans are another great meal that goes a long way. Can eat it every day if you change the seasoning.

I don't really track my protein and have no issues gaining or holding muscle (plant-based diet).

Biggs - October 14, 2023, 12:31 pm

Have you heard about clear Whey? It's the protein but it isn't thick like a regular shake and it tastes

like lemonade.

Komodo - *October 14, 2023, 1:39 pm*

(Oct 14, 2023 12:31 PM)Biggs Wrote: [\[CITE\]](#) Have you heard about clear Whey? It's the protein but it isn't thick like a regular shake and it tastes like lemonade.

It's so weird.

I've been taking normal protein shakes for so long that when a pre-workout tasting liquid hit my lips my body hated it.