



# *dietitian cassie's* GUIDE TO PROTEIN POWDER

I love using protein powders and many of my clients do, too. **The problem is that not all protein powders are created equal.** Most, if not all protein powders on store shelves are filled with harmful ingredients, including fillers, additives, artificial sweeteners and all sorts of stuff that stand in the way of your weight loss goal. Not only that, but they can actually cause weight gain! Supplements aren't regulated, and protein powder falls into the supplement category. This means there are no regulatory standards that a protein powder must be subjected to and comply with, and because of that, the protein powders on shelves can be full of junk that's ineffective at best, and harmful at worst.

**All of the protein powders I personally use and recommend are "pharmaceutical grade," which means they are regulated by a third-party.** The first two are ones that I personally formulated, so I have full control over them. They are non-whey protein powders, and they are both regulated, so you know that what it says on the label is truly in the product. My two favorite whey protein powders are ones I actually import from abroad because they are such great quality—I couldn't make them any better!

**Here are my favorite Protein Powders—organized by dairy free and whey.**

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# The BEST Dairy Free Protein Powders

## Pure Primal Protein™

This super unique protein powder is made from beef! It has all the metabolism-boosting and lean muscle mass building benefits of whey, AND it's completely dairy-free. It's also a wise supplement for those who don't eat a lot of beef, or find it difficult to get in enough protein. On top of that, it's incredibly delicious.

My general recommendation is one scoop of Pure Primal Protein™ per day, either mixed into 8-12 ounces of water, or blended with your favorite fruit or veggie carbohydrate and healthy fat for a PFC balanced smoothie.



## SynerVive Protein™

This is the second protein powder I created. It's also a rice-based protein powder, and it's specifically formulated for supporting hormonal balance in women. It provides specialized nutritional support for women suffering from common hormonal symptoms associated with premenstrual syndrome (PMS). SynerVive Protein™ provides essential vitamins and minerals, along with phytoestrogens, antioxidants, and flaxseed hull—all specially selected for their ability to promote healthy estrogen metabolism and hormonal balance. This is the protein powder I recommend taking in conjunction with the hormone balancing supplement, SynerVive™ for female hormonal balance.

My general recommendation is two SynerVive Protein™ scoops blended into 8 ounces of liquid, one to two times per day. During the menstrual cycle, I recommend three SynerVive Protein™ scoops, three times per day. My general recommendation for the SynerVive™ tablets is two tablets in the morning and two tablets at night, with or without food.



## DetoxVive Powder™

This is a rice-based protein powder I formulated to provide enhanced, specialized nutritional support for energy and liver detoxification. We use this with our clients when we're guiding them through a healthy, balanced detox to rid their bodies of toxins and give them a fresh start.

You can use it daily if you like, and it can help aid in your weight loss goal. It contains protein and carbohydrate, so I recommend blending it with half an avocado or a couple tablespoons of your favorite nut butter, a scoop of ice and some water to create a PFC-balanced smoothie!

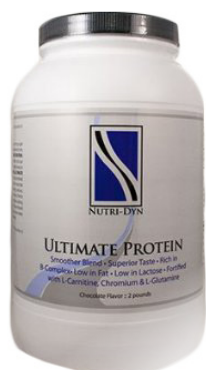


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# The BEST **Whey** Protein Powders

## Ultimate Protein™

The ideal protein powder for avid exercisers, Ultimate Protein represents the perfect balance of whey protein concentrate, hydrolyzed protein peptides (for fast absorption) and whey protein isolate (for slow absorption and muscle repair). The result is the most effective supply of muscle building nutrients and a perfect solution for post-workout recovery. It's not just for athletes, though!



## Ultimate Natural Whey Protein™

This one has been a long time favorite protein powder of mine—a staple of my daily routine. It's imported from New Zealand, where Recombinant Bovine Growth Hormone (rBGH) is not approved for use—which is a really good thing. In New Zealand, cattle herds graze in pastures year-round, largely avoiding the need for feed supplements such as grain. On top of that, Ultimate Natural Whey Protein tastes great, too. It has a light vanilla flavor, with no artificial sweeteners or added sugars, and it mixes into liquids, smoothies and yogurts really well.



One of my favorite tricks is mixing it with peanut butter. With protein-packed peanut butter, you can simply spread it onto a banana or some apple slices for a PFC-balanced snack!

Remember, if you're currently taking a protein powder but don't know if it's regulated by an independent third party, you should do some investigating to ensure it's not full of junk fillers, artificial sweeteners or additives since unfortunately, most protein powders out there are.

To wrap things up, see the next page for a delicious protein powder recipe—one of my favorites!





**Remember, quality counts!** Be sure you're not taking any ol' supplements as they can cause more harm than good if they aren't high quality (the opposite of what we're trying to achieve!).

# *dietitian cassie's* PFC Balanced PROTEIN SMOOTHIE

This is a simple,  
quick way to  
get in your  
P, F and C.

**P**

- A couple scoops of high quality protein powder

**F**

- Half an avocado
- **OR** a couple tablespoons of nut butter
- **OR** 1/4 cup of coconut milk

**C**

- A handful of berries
- **OR** half a banana
- **OR** any carb of your choice!

Blend ingredients together with ice and enough water to make the smoothie your desired consistency.

*It's also a great idea to add a scoop of [MultiVive Powder™](#), [Pure GlutaPowder™](#) and a scoop of [Dynamic Fruits & Greens](#) for a metabolism-boosting nutrient punch!*