



Nutrition Empowered's Product Recommendations

Check our Dietitians' top recommendations for:

- ✓ protein bars
- ✓ protein powders/shakes
- ✓ supplements
- ✓ pantry staples
- ✓ fridge staples
- ✓ freezer staples

DISCLAIMER:

This list is NOT all-inclusive & we are constantly updating recommendations based on current available products. Some products may have affiliate links that benefit Nutrition Empowered.

Protein Bar Recommendations

Protein Bars	Macros	Nutrition Highlights
<u>Aloha bars</u>	240 calories 14 g protein 22 g carbs 3g added sugar 6 g fiber	Higher in protein <5 g added sugar High in fiber Yummy and not TOO sweet
<u>Barebell bars</u>	200 calories 20 g protein 18-20 g carbs 0 g added sugar 3 fiber	Contains 6 g sugar alcohols Very high protein Dessert-like taste Good option for higher protein needs
<u>Rx bars</u>	190 calories 12 g protein 24 g carbs 0 g added sugar 4 g fiber	No added sugar Minimal, whole-food ingredients Sweetened with dates Easy to recognize ingredients
<u>Misfits Bars</u>	190 calories 15 g protein 24 g carbs 0 added sugar 5 g fiber	Contains 7 g sugar alcohols Plant-based Decent fiber Gluten free
<u>IQ Bars</u>	170 calories 12 g protein 9 g carbs 0 g added sugar 7 g fiber	Plant protein Low sugar Simple ingredients

Protein Bar Recommendations

Proteins Bars	Macros	Nutrition Highlights
<u>GoMacro Bars</u>	280 calories 11 g protein 36 g carbs 6 g added sugar 2 g fiber	Organic, plant-based ingredients Low-FODMAP Higher Calorie
<u>Tru Bar</u>	190 calories 12 g protein 24 g carbs 6 g added sugar 12 g fiber	Plant Based Dessert taste Gluten Free Dairy Free
<u>Kirkland Protein Bar</u>	190 calories 21 g protein 23 g carbs 2 g added sugar 10 g fiber	High fiber Low added sugar Cost-effective option Contains 2 g sugar alcohols

Protein Supplement Recommendations

Protein Powders/ Shakes	Macros	Nutritional Highlights
<u>Fairlife</u> Core Power/Nutrition Plan	170 calories 26 g protein 8 g carbs 0 g added sugar 1 g fiber	Higher protein & lower sugar than cows milk Lactose-free 0 g added sugar
<u>Nurri Protein Shake</u>	150 calories 30 g protein 2 g carbs 0 g added sugar 0 g fiber	Higher protein & lower sugar than cows milk Lactose-free 0 g added sugar
<u>Chobani 20 g protein drinks and yogurts</u>	170 calories 20 g protein 14 g carbs 0 g added sugar <1 g fiber	Live active cultures (probiotics) High protein Lactose-free 0 g added sugar
<u>Legion Protein Powder</u>	100 calories 22 g protein 2 g carbs 0 g added sugar 0 g fiber	Grass-fed whey protein isolate (high protein absorption rate) 0 g added sugar Third-party tested
<u>Clean Simple Eats</u>	100 calories 20 g protein 5 g carbs 0 g added sugar <1 g fiber	0 g added sugar Simple ingredients Third-party tested
<u>Just Ingredients</u>	140 calories 22 g protein 5 g carbs 0 g added sugar 4 g fiber	Simple ingredients Grass Fed whey protein Certified Gluten Free

Supplement Recommendations

Supplement	Serving Size	RDA
<u>Thorne Multivitamin</u>	Two Capsules	N/A
<u>Thorne Prenatal</u>	Three Capsules	N/A
<u>Thorne Advanced DHA (Omega 3/Fish Oil)</u>	Two capsules	250 mg EPA + DHA/day
<u>Thorne Prenatal Omega 3s</u>	Two capsules	200-300 mg DHA/day
<u>Thorne Vitamin D 1,000 mg</u>	One capsule	600 IU/day for adults 19-70 800 IU/day for >70 **higher doses recommended during winter
<u>Thorne Inositol</u>	One scoop	40:1, 2,000 mg Myo-inositol, 50 mg D-Chiro inositol
<u>Nutrition Empowered's Thorne Storefront</u>		

Pantry Product Recommendations

Pantry Product	Nutritional Highlights
<u>10% off Primal Kitchen Condiments</u>	<p>Made with simple, high quality ingredients Avocado oil is the base of all salad dressings</p>
<u>Almonds</u>	<p>Rich in heart-healthy monounsaturated fats Good source of vitamin E and magnesium Supports satiety and blood sugar control</p>
<u>Walnuts</u>	<p>Excellent plant-based source of omega-3 fats Supports brain and heart health Provides antioxidants and anti-inflammatory compounds</p>
<u>Pecans</u>	<p>High in healthy fats that support heart health Contains polyphenols with antioxidant benefits Naturally low in carbohydrates</p>
<u>Oats</u>	<p>High in soluble fiber for heart health Supports steady energy and blood sugar balance Promotes gut health and digestion</p>
<u>Chia seeds</u>	<p>High in fiber to support digestion and fullness Rich source of plant-based omega-3 fats Provides calcium, iron, and magnesium</p>
<u>Ground flaxseed</u>	<p>Supports gut health and regularity Contains lignans with antioxidant properties Plant-based source of omega-3 fats</p>
<u>Olive oil</u>	<p>Rich in monounsaturated fats for heart health Contains polyphenols with anti-inflammatory effects Staple fat in Mediterranean-style eating patterns</p>
<u>Avocado oil</u>	<p>High in monounsaturated fats Neutral flavor and high smoke point for cooking Supports absorption of fat-soluble vitamins</p>

Pantry Product Recommendations

Pantry	Nutritional Highlights
<u>Raisins</u>	Naturally sweet source of quick energy Provides iron and potassium Contains antioxidants that support cell health
Black beans	High in fiber to support digestion and fullness Plant-based protein for sustained energy Supports blood sugar balance
Pinto beans	Rich in fiber and plant-based protein Provides magnesium and folate Supports heart and gut health
Brown rice	Whole grain source of complex carbohydrates Provides B vitamins and magnesium Supports steady energy and digestion
Quinoa	High in fiber and essential minerals Naturally gluten-free
<u>Dried edamame</u>	High-protein plant-based snack Provides fiber for satiety Rich in iron and calcium
<u>That's It Bars</u>	Made with simple, whole-food ingredients No added sugar or artificial additives Convenient fiber-containing snack option

Pantry Product Recommendations

Pantry	Nutritional Highlights
<u>Primal Kitchen Products</u>	<p>Made with whole-food ingredients and healthy fats No artificial sweeteners, colors, or preservatives Supports anti-inflammatory, whole-food eating patterns</p>
<u>Oat Haus Granola Butter - use code "OH10NE" for 10% off</u>	<p>Made from oats for sustained energy Nut-free alternative suitable for allergies - school friendly Provides fiber to support fullness and digestion</p>
<u>Purely Elizabeth Granola</u>	<p>Made with whole grains and seeds Provides fiber for gut and heart health Sweetened with minimal, natural ingredients</p>
<u>Unreal candies</u>	<p>Lower added sugar than conventional candy Made without artificial colors or preservatives Supports mindful, balanced enjoyment of sweets</p>
<u>Skinny Dipped</u>	<p>Portion-controlled treats with simple ingredients Lower sugar option for sweet cravings Includes healthy fats for satiety</p>
<u>Hu Dark Chocolate</u>	<p>Sweetened without refined sugars Rich in cocoa antioxidants Dairy-free and minimally processed</p>
Dates	<p>Naturally sweet whole-food snack Source of fiber and potassium Pairs well with protein and healthy fats For example: Peanut butter & dates</p>

Fridge Product Recommendations

Fridge	Nutritional Highlights
<p><u>Olipops - use code "OLIPOPNE15" for 15% off</u></p>	<p>Contains prebiotic fiber to support gut health Lower sugar than traditional sodas Made with plant-based ingredients and no artificial sweeteners</p>
<p><u>Chobani 20 g.protein.yogurt or drinks</u></p>	<p>High in protein to support satiety Contains live and active cultures No added sugar</p>
<p><u>Good Culture Cottage Cheese</u></p>	<p>High-quality protein for muscle support Contains live and active cultures Simple ingredient list</p>
<p>Hummus</p>	<p>Plant-based protein and fiber Made with heart-healthy fats Supports fullness and blood sugar balance</p>
<p>Pasture raised eggs</p>	<p>High-quality protein source Versatile option for balanced meals</p>
<p>Baby spinach / mixed greens</p>	<p>Rich in vitamins A, C, and K Provides fiber for gut health Easy to make lunches/dinners or throw in a smoothie</p>
<p><u>Applegate Naturals Deli Meats</u></p>	<p>Made without artificial preservatives Provides protein for easy meals Minimally processed option</p>
<p><u>Organic Valley String Cheese</u></p>	<p>Made with organic milk Good source of protein and calcium No artificial additives</p>

Fridge Product Recommendations

Fridge	Nutritional Highlights
<u>Fairlife milk</u>	High protein milk Lactose free and easy to digest Great source of calcium
Fruit	Blueberries, blackberries, raspberries, kiwis, oranges Full of antioxidants, vitamins, and fiber Naturally sweet option for sweet craving Need 2 daily servings
Non-starchy veggies	Leafy greens, carrots, celery, broccoli & cucumber Provides antioxidants Need 2-3 daily servings
Pasture raised chicken breast	Lean and high quality protein Lower in saturated fat compared to other animal meats
Pasture raised 93/7 ground turkey	High protein, low fat meat option High in iron, zinc, and B vitamins

Freezer Product Recommendations

Freezer	Nutritional Highlights
<u>Yasso bars</u>	<p>Made with Greek yogurt for added protein</p> <p>Lower sugar than traditional ice cream bars</p> <p>Portion-controlled dessert option</p>
frozen berries	<p>Helps you meet your daily fruit intake</p> <p>Rich in fiber and antioxidants</p> <p>Easy addition to smoothies and meals</p>
frozen mixed veggies	<p>Nutrient-dense source of fiber and vitamins</p> <p>Helps you meet your daily vegetable intake</p> <p>Easy way to add vegetables to any meal</p>
<u>frozen brown rice</u>	<p>Whole-grain source of complex carbohydrates</p> <p>Quick, convenient meal base</p>
<u>frozen edamame</u>	<p>Plant-based protein and fiber</p> <p>Supports satiety</p> <p>Easy snack or meal add-in</p>
<u>Perdue Simply Smart Chicken Tenders/Chunks</u>	<p>High-quality protein to support balanced meals</p> <p>Lightly breaded with simple ingredients</p> <p>Convenient freezer option for quick meals</p>