

NUTRITION

The Best Vegan Protein Powders for Plant-Based Diets in 2024

We tested more than 30 plant-based protein powders for taste, grams of protein per serving, and mixability. Here are our top eight picks.

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If you don't consume animal products or have a whey allergy, you should check out vegan protein powder. Plant-based protein sources, like peas or rice, can be **just as effective as their whey counterparts** when it comes to building muscle and increasing endurance.

The best vegan protein powders have high protein per serving, minimal ingredients, and great flavors. We tested more than 30 plant-based protein powders. Take a look below at our eight favorites, as well as everything you need to know about vegan protein, according to registered dietitians.

The Best Vegan Protein Powders of 2024:

- **Best Vegan Protein Powder for Muscle Gain:** **Legion Athletics Plant+**
- **Best Vegan Protein Powder for Weight Loss:** **Jacked Factory Authentic Vegan Protein Powder**
- **Best Organic Vegan Protein Powder:** **KOS Organic Plant Protein**
- **Best Tasting Vegan Protein Powder:** **Orgain Organic Protein**
- **Best Hemp Vegan Protein Powder:** **Cymbiotika Plant Protein**
- **Best Pea Vegan Protein Powder:** **Transparent Labs Organic Vegan**
- **Vegan Protein Powder with the Best Consistency:** **Ritual Daily Shake**

- **Best Chocolate Vegan Protein Powder: [Momentous Plant Protein](#)**

This content is meant to be informative, but should not be taken as medical advice. It is not intended for use as diagnosis, prevention, or treatment of health problems. Always speak with your doctor before starting any new supplement or exercise regimen.

Best Vegan Protein Powder for Muscle Gain: Legion Athletics Plant+

At a Glance

- **Protein per serving:** 25g
- **Protein source:** Organic pea and rice protein
- **Sweetener:** Stevia, monk fruit, and erythritol
- **Flavors:** Cinnamon Cereal, Mocha Cappuccino, Dutch Chocolate, French Vanilla, Apple Pie, Salted Caramel
- **Nutrition stats:** 140 calories, 25g protein, 5g carbs, 3g fat
- **Serving size:** 1 scoop, 36.5g
- **Cost:** \$50

If you're looking to build muscle, take a look at Legion Athletics Plant+. This organic pea and rice protein powder has the most protein per serving on our list: 25 grams, which **falls in the ideal range for growing muscle**. It is also free of soy, added sugar, and artificial dyes and sweeteners. Instead, the protein powder is sweetened with natural sweeteners like stevia and monk fruit extract.

We also like Plant+ because it's third-party tested by an **ISO 17025 accredited lab**. This means the product meets high standards for purity. And Legion publishes all testing results on the product page. This level of transparency is great for people who want to ensure they're getting a product that is what it says it is.

Tester Zoë Ettinger, CNC-in-training, tried the Cinnamon Cereal flavor. "It mixed very easily and had a pleasant consistency: not too thin and not too thick," she says. "I really enjoyed how it tasted pretty spot on to cereal, like I was drinking the milk from a bowl of Cinnamon Toast Crunch." However, tester Brandon Lunsford, CPT-in-training, tried the Apple Pie flavor and said it was too sweet for his liking. "I found it to be overly sweet and artificial tasting."

Related Post: [The Best Protein Powders for Muscle Gain](#)

Pros:

- 25 grams of protein per serving
- Lab tested for purity
- Free of artificial sweeteners
- Convenient packaging

Cons:

- Some say the flavors are too sweet

Best Vegan Protein Powder for Weight Loss: Jacked Factory Authentic Vegan Protein Powder

At a Glance

- **Protein per serving:** 22g
- **Protein source:** Pea protein isolate, sunflower seed protein, organic pumpkin seed protein, watermelon seed protein, and mung bean protein
- **Sweetener:** Stevia extract
- **Flavors:** Chocolate and Vanilla
- **Nutrition stats:** 120 calories, 22g protein, 4g carbs, 2g fat
- **Serving size:** 1 scoop, 33g
- **Cost:** \$44.99

Jacked Factory Authentic Vegan Protein Powder is our pick for weight loss because it contains a satiating 22 grams of protein per serving for relatively few calories (just 120 per serving). With only 4 grams of carbs and 2 grams of fat per serving, the vast majority of its calories come from protein. Studies show **consuming higher amounts of protein can help people lose weight and improve their body composition.**

This protein powder has a simple ingredient list: an organic protein blend, cocoa powder, natural flavors, Himalayan rock salt, and stevia extract. The plant-based protein is made with a mix of plant protein

sources, including watermelon seed protein, **which contains iron and zinc** and mung bean protein, **which is high in protein and easily digestible**.

I tried the Chocolate flavor and thought it was slightly bitter. If you're looking for something a little sweeter, I'd suggest mixing it into a smoothie with fruits like strawberries to help create a more balanced flavor. But I felt pleasantly full after trying this protein powder, and it didn't upset my stomach at all.

Related Post: [The Best Protein Powders for Weight Loss](#)

Pros:

- Five-source protein blend
- Low in carbs and fat
- Affordable price point
- Naturally sweetened

Cons:

- Minimal flavor choices
- Chocolate flavor is a bit bitter

Best Organic Vegan Protein Powder: KOS Organic Plant Protein

At a Glance

- **Protein per serving:** 20g
- **Protein source:** Pea, pumpkin seed, flaxseed, quinoa, and chia seed protein
- **Sweetener:** Organic coconut sugar, organic stevia, and organic monk fruit extract
- **Flavors:** Chocolate, Chocolate Peanut Butter, Salted Caramel Coffee, Vanilla, Unflavored
- **Nutrition stats:** 160 calories, 20g protein, 9g carbs, 6g fat (Chocolate and Salted Caramel Coffee have 7g fat)

- **Serving size:** 2 scoops, 39g
- **Cost:** \$55.99

If you prefer to eat organic, KOS Organic Plant Protein is your best bet for a vegan protein powder. KOS uses an organic protein blend of pea, flax seed, quinoa, pumpkin seed, and chia seed proteins. This medley makes for a **complete protein with all nine essential amino acids**. And it contains an organic superfood blend that adds essential vitamins and minerals like iron, vitamin E, and vitamin B12. One thing to keep in mind: it has slightly more fat per serving, between 6 and 7 grams depending on flavor, than some of the other options on this list.

“This is a solid-tasting plant protein powder,” says tester Pete Nastasi, CSNC, CPT. However, he cautions its two-scoop serving makes it more difficult to mix into a conventional shaker bottle. He recommends using a **blender** instead for a smoother consistency.

Pros:

- Five flavor options
- Includes 12 vitamins and minerals per serving
- Certified USDA organic
- No artificial flavors

Cons:

- Slightly higher fat content

Best Tasting Vegan Protein Powder: Orgain Organic Protein Powder

At a Glance

- **Protein per serving:** 21g
- **Protein source:** Pea protein, brown rice protein, and chia seeds
- **Sweetener:** Erythritol, stevia
- **Flavors:** Vanilla Bean, Creamy Chocolate Fudge, Chocolate Coconut, Chocolate Caramel Sea Salt, Chocolate Peanut Butter, Peanut Butter, Natural Unsweetened, Iced Coffee, Cookies 'n Cream,

Strawberries & Cream, Chai Latte, Churro Caramel Swirl, Fruit Cereal, Horchata, and Vanilla Horchata

- **Nutrition stats:** Vary by flavor. Stats for Creamy Chocolate Fudge: 150 calories, 21g protein, 15g carbs, 4g fat
- **Serving size:** 2 scoops, 46g
- **Cost:** \$37.99

Tester Rachael Harris, CNC, has tried dozens of protein powders, and Orgain is her favorite. "I've tried the Vanilla Bean and Creamy Chocolate Fudge flavors. The Vanilla Bean is great, but I prefer Creamy Chocolate Fudge," she says. "It tastes rich like hot chocolate. It's one of the only plant proteins I enjoy drinking with just cold water, but my favorite way to drink is is blended with frozen bananas and almond butter." Customers agree with Harris; hundreds of reviewers mention how tasty Orgain Organic Protein is.

Beyond its tasty flavor, this protein powder is USDA-certified organic and non-GMO. It's also soy-free and doesn't use carrageenan, **a common thickening agent some research shows can cause GI issues**. However, it does contain **guar gum** and **xanthan gum**, which studies show can negatively affect gut microbiota if taken in high doses.

Best Hemp Vegan Protein Powder: Cymbiotika Plant Protein

At a Glance

- **Protein per serving:** 20g
- **Protein source:** Hemp, spirulina, and pea protein
- **Sweetener:** Organic stevia leaf extract
- **Flavors:** Vanilla
- **Nutrition stats:** 130 calories, 20g protein, 10g carbs, 2.5g fat
- **Serving size:** 1 scoop, 35g
- **Cost:** \$88

With a combination of organic hemp protein, spirulina, and pea protein powder, Cymbiotika packs three plant protein sources into its Plant Protein powder. The addition of **hemp protein adds numerous benefits, such as cholesterol-lowering and antioxidative properties**.

This plant-based protein powder also includes an organic mushroom complex and an organic raw greens complex that include nutrients from kale, oatgrass, wheatgrass, and more. There's also a **prebiotic fiber complex and digestive enzyme complex, which studies show may help reduce bloating.**

Cymbiotika Plant Protein can be mixed into a shaker with plain water or into **protein shakes** and enjoyed post-workout. Keep in mind, with a slightly lower protein content of 20 grams, it may not keep you as full as a traditional meal replacement protein powder. And it only comes in one flavor, Vanilla, so if you're looking for flavor options take a look at Orgain, Legion, or KOS.

Lunsford tried Cymbiotika and enjoyed the flavor. "The initial flavor is smooth like vanilla, but the aftertaste includes more of the earthy flavors like mushrooms and greens powders," he says. However, he cautions it "didn't feel satiating," and he felt "gassy" after consuming it.

Pros:

- Includes nutrient-dense greens complex
- Prebiotic complex can help reduce bloating
- Made with whole food sources
- Hemp protein provides antioxidants

Cons:

- Expensive
- Earthy flavor profile won't appeal to everyone
- Tester felt gassy after consuming

Best Vegan Pea Protein Powder: Transparent Labs Organic Vegan

At a Glance

- **Protein per serving:** 24 grams
- **Protein source:** Organic pea protein and rice protein
- **Sweetener:** Organic stevia

- **Flavors:** French Vanilla and Chocolate
- **Nutrition stats:** Vary by flavor. Stats for French Vanilla: 130 calories, 24g protein, 3g carbs, 2g fat, 2g sugar
- **Serving size:** 1 scoop, 32g (French Vanilla), 37g (Chocolate)
- **Cost:** \$49.99

Transparent Labs Organic Vegan protein uses an organic protein blend of pea and rice protein, which delivers the **complete amino acid profile necessary for increasing muscle mass**. And it includes just a few more ingredients: organic cocoa powder, organic chocolate flavor, Himalayan rock salt, natural flavor, and organic stevia. This simple formulation makes this protein powder a great choice for those after a clean supplement.

Related Post: [The Best Clean Protein Powders](#)

We chose Transparent Labs Organic Vegan protein as our **best pea protein powder** because it includes a hearty 24 grams of protein per serving, which is a lot for a plant-based protein powder. We also like that the pea protein is organic, and the whole product is non-GMO.

Tester Frieda Johnson, CNC tried the French Vanilla flavor. "It foamed a lot, but it mixed pretty well," she says. "It also tastes a bit artificial." She says the artificial taste is likely due to the addition of stevia, which some people may enjoy.

Check out our [Transparent Labs review](#) for more information on this popular brand.

Pros:

- Higher protein content of 24 grams
- Delivers a complete amino acid profile
- Minimal ingredients

Cons:

- Only two flavor options

Vegan Protein Powder with the Best Consistency: Ritual Daily Shake

At a Glance

- **Protein per serving:** 20g
- **Protein source:** Organic pea protein
- **Sweetener:** Fermented sugarcane and monk fruit
- **Flavors:** Vanilla
- **Nutrition stats:** 115 calories, 20g protein, 3g carbs, 2g fat
- **Serving size:** 1 scoop, 30g
- **Cost:** \$40

Many testers tried Ritual Daily Shake and remarked on how well it mixes. “This has a shockingly great consistency,” says Kate Meier, CPT. “It also has a really smooth texture. It’s not thick, but it’s not watery like some protein powders are.” Tester Cory Kessler, CPT, concurs: “It’s the smoothest protein powder I’ve ever tried.” And he likes the subtle flavor: “The vanilla flavor is pleasantly light.”

In addition to its great consistency, we like Ritual Daily Shake because it’s non-GMO gluten-free, soy-free, dairy-free, and free of most major allergens. It’s naturally sweetened with fermented sugarcane and monk fruit. And it’s third-party tested for purity and Made Traceable®, which means Ritual shares exactly where it sources all of its ingredients.

However, Ritual Daily Shake contains xanthan gum, which some recent research shows **may affect gut microbiota**. It also contains sunflower lecithin, which some studies show **can also have a negative impact on gut microbiota**. And it only comes in one flavor option, Vanilla, so if you’re looking for variety, choose Orgain, Legion, or KOS.

Pros:

- Free of most major allergens
- Non-GMO
- Smooth texture

Cons:

- Only one flavor

- Contains xanthan gum and sunflower lecithin, which may impact gut microbiota

Best Chocolate Vegan Protein Powder: Momentous Plant Protein

At a Glance

- **Protein per serving:** 20g
- **Protein source:** Pea and rice protein
- **Sweetener:** Organic cane sugar
- **Flavors:** Chocolate and Vanilla Chai
- **Nutrition stats:** 140 calories, 20g protein, 10g carbs, 3g fat
- **Serving size:** 1 scoop, 37g
- **Cost:** \$49.95

Ettinger tried Momentous Plant Protein in the Chocolate flavor and is a big fan. “This is probably the best chocolate vegan protein powder I’ve tried. It really gave me that chocolate milk flavor,” she says. “And even when I mixed it with water, it kept me full for a good four hours.”

Beyond its tasty flavor, we also like Momentous Plant Protein because it uses **pea protein, which contains all nine essential amino acids, making it a complete protein**. However, **it is low in one essential amino acid—methionine**—so you need to consume more of it or supplement with other methionine rich foods, like **nuts, cheese, and beans**.

Momentous Protein is one of the only protein powders that is both NSF and Informed Sport Certified. These certifications ensure it’s free of heavy metals and contaminants, and confirm its purity.

Pros:

- NSF and Informed Sport Certified
- Gluten-free and non-GMO
- Complete amino acid profile
- Free of artificial sweeteners, flavors, and colors

Cons:

- Higher carb content

What Is Vegan Protein Powder Made Of?

Almost any legume, seed, or grain can be used to make vegan protein powder. Depending on the brand you buy, you could be looking at brown rice protein, soy protein, hemp seed protein, or pea protein, among other sources. Many plant-based protein powders also combine sources to help create a **complete protein, which contains all nine essential amino acids the body requires**. The protein in **brown rice alone, for example, isn't considered a complete protein**.

"Pea protein is the most common form of plant protein you see," explains Chrissy Arsenault, RD, who is a registered dietitian with **Trainer Academy**. "It's derived from isolating the protein within ground peas. Depending on how the peas were processed, they can contain all nine of the essential amino acids and are rich in BCAAs." Plant-based protein powders also tend to be **high in fiber**, which can **help improve digestion**.

Is Vegan Protein Powder Good for You?

You may have heard **whey protein, which is a complete protein, is the "gold standard" of protein powder**, but vegan protein powder also makes a strong case for health and fitness benefits. "Vegan protein powders can contribute to **muscle building, weight management** and overall health," says Jaclyn Fodor, RD, LD, owner of **Nutrition Counseling of New England, LLC**.

The key, of course, is choosing a high-quality protein powder with high protein, minimal or no added sugar, and a short ingredient list (while it's not always the case, longer ingredient lists often mean a product contains **artificial fillers, additives, or sweeteners, which can have a negative health impact**). Choose a vegan protein powder from a reputable brand—the powders on this list are only from brands we respect.

Does Vegan Protein Powder Work?

Whether you follow a vegan diet or you're allergic to dairy, a vegan protein powder can help you meet your wellness goals. Just be sure to look for a supplement higher in protein content, since some plant-based protein powders may have fewer grams of protein. "Vegan protein powder can help people meet their protein needs, especially for athletes and individuals who are highly active," Arsenault says. "Consuming enough protein is particularly important for individuals looking to build and maintain muscle mass and those aiming for weight management."

Arsenault echoes that protein, regardless of whether it comes from an animal or plant source, is a vital macronutrient that helps keep the human body functioning at an optimal level. "Protein plays an essential role in building and repairing tissues and muscles, producing enzymes and hormones and supporting a healthy immune system," she says. "Protein can also serve as an energy source, especially when other sources of energy [like carbs] aren't available."

In a nutshell, vegan protein powder absolutely works. Our next section dives into more specific benefits of plant protein supplements you may not find in animal-based sources.

Benefits of Vegan Protein Powder

Plant-based protein is a great way for vegans or those allergic to whey to get additional protein. And it has unique benefits. For example, research shows **plant-based protein can help prevent colorectal cancer**.

Then there are the fitness benefits vegan protein powder can offer. Studies show consuming a plant source of protein can **boost muscle strength, enhance performance, and aid in muscle repair**, which leads to faster workout recovery. Since some people have a hard time consuming whey protein due to a dairy allergy or intolerance, a plant protein powder can also be gentler on your stomach. "It can be easier on the digestive system," Fodor says.

Whey Protein vs. Plant Protein

Both whey and plant protein come with benefits and drawbacks. Whey protein is a complete protein so you don't have to worry about seeking out a plant protein powder that uses specific protein sources or combines them to create a complete protein. Whey protein also tends to have more protein per serving.

A potential issue with plant protein powder is that depending on the source of protein, you may run into common allergens. "Soy is included in the **big eight** food allergens and is often included in large amounts in [many plant] protein bases," Arsenault says. Still, the same can be said for whey protein, as dairy allergies are extremely common and also in the big eight.

One key benefit plant protein offers over its whey counterpart is its addition of other nutrients essential for daily functioning. "Nutritionally, since these are derived from plants, you get the benefit of protein as well as the vitamins and minerals plants offer," Arsenault says, "the latter of which is limited when it comes to whey." Therefore, if you're looking to diversify your protein intake and incorporate more greens into your diet, she says protein powder made from plants can be a great choice, and isn't just limited to vegans.

Precautions

As with any dietary supplement, there are a few precautions to take, or at least consider, before choosing to use a plant-based protein powder. First, plant protein powder may be lower in protein content than whey protein (but not always), so be sure to check how many grams of protein are in a supplement before purchasing it.

Vegan protein powder may be gentle on the stomach in many cases, but Arsenault says some of her clients report "feeling gassy" from pea protein in particular, so if you find yourself bloated or unable to tolerate that particular plant protein source, there are luckily numerous other plant proteins (like pumpkin seed protein or sunflower seed protein) to choose from.

The third potential issue with vegan protein powders is price. These supplements tend to be more expensive than their whey counterparts, and depending on how often you're using protein powder,

costs can easily add up, especially for organic or premium products.

How to Choose the Best Vegan Protein Powder for You

The best vegan protein powder for you may look different from person to person. Here's how to choose a plant protein supplement to meet your needs, budget, and wellness goals.

Protein Per Serving

Some, but not all, vegan protein powders are notorious for being lower in protein content than whey protein. If you have a high protein requirement, like if you're an athlete, you should look for a plant protein powder higher in protein, ideally 25 to 30 grams or more.

Nutrition Content

Nutrition content varies greatly from one vegan protein powder to another. Keep an eye on calories, micronutrients, macronutrients, and ingredients to make sure your protein powder is a safe and healthy addition to your diet. If you're not sure how many calories you consume per day, you can use a fitness tracker app to log your daily food intake.

Price

Not all vegan protein powders are expensive, but there's a good chance they'll cost more than their whey counterparts. Consider how often you use protein powder and the cost per serving of any supplement you purchase, as these costs can add up quickly with regular use.

For the best price, we always recommend checking both Amazon and official brand websites, which might have different deals or promotions going on depending on the season.

Sweeteners

Some vegan protein powders, especially flavored options, may be sweetened. Keep an eye on added sugar, and be mindful of the sweetener itself as well. Studies have **linked artificial sweeteners to potentially dangerous health impacts, such as increased cancer risk**. Instead, consider opting for natural sweeteners like monk fruit and stevia.

Flavors

Vegan protein powders come in a wide range of flavors. You'll find everything from traditional flavors like chocolate or vanilla or more unique options like peanut butter or coconut. Consider your personal taste preferences and how you plan to use your protein powder. If you blend it into a smoothie, for example, choose a flavor that pairs well with other ingredients. Alternatively, you can always choose an unflavored protein powder you can mix into anything.

What to Avoid in a Vegan Protein Powder

There are a few ingredients to avoid when choosing the best plant-based protein powder for your needs. “Check the label of a protein supplement to ensure it’s reputable and high-quality, and doesn’t contain fillers to bulk up the material,” Arsenault says. “These are ingredients added to fill up space without contributing additional nutritional value.”

Potential fillers you may find in a vegan protein powder include gums and starches. “Additionally, I would recommend avoiding artificial sweeteners and added sugar, which detract from the nutritional value of vegan protein powders,” she adds.

The easiest rule of thumb to follow, Fodor says, is to “opt for products with minimal, recognizable ingredients for a cleaner option.” Therefore, if an ingredient list for a vegan protein powder contains numerous names you don’t recognize, or that sound like something you’d find in a science lab, steer clear of that particular product.

Our Methodology: How We Chose the Best Vegan Protein Powder

We chose products for our list of the best vegan protein powders based on a number of factors reflected in our scoring methodologies. These include:

- **Testing:** We tested all of these vegan protein powders to ensure they had great taste and mixed well. This helped us gain firsthand experience with each product we included.
- **Expert Insight:** We spoke to registered dietitians to learn more about vegan protein powders and what to look for in a high-quality product, as well as how plant protein compared to whey.
- **Protein per serving:** We sought out higher-protein supplements that help you stay fuller for longer and meet a variety of health and fitness goals, such as building muscle. We also tried to include as many protein powders with complete amino acid profiles as possible.
- **Value:** We looked for fairly priced vegan protein powders that included a mix of budget-friendly choices and premium buys to meet all budgetary needs.

We also received input from our panel of expert contributors, which includes registered dietitians and highly credentialed experts in sports nutrition and exercise science.

Learn more about our [nutrition and supplement review process](#) and our scoring methodology.

Vegan Protein Powder FAQs

Does Vegan Protein Powder Expire?

All supplements have a shelf life and expire, including vegan protein powder. Be sure to keep an eye on the expiration date if you don't consume your vegan protein powder often.

Can Vegan Protein Powder Cause Constipation?

Vegan protein powder shouldn't cause constipation, but you may have an intolerance to a specific plant protein source, like yellow peas, which could cause digestive issues.

What Vegan Protein Powder is Easy to Digest?

In general, most vegan protein powder sources are easy to digest. As we mentioned above, this ultimately depends on your personal needs and whether or not you have any intolerances.

Is Whey or Plant Protein Better?

Neither whey nor plant protein is ultimately better than the other. Instead, the best choice for you depends on your diet, preferences, budget, and overall taste.

Can You Build Muscle with Vegan Protein?

Vegan protein can be a great choice for muscle growth. If you follow a plant-based diet and use vegan protein, you don't have to worry about missing out on any fitness benefits.

Takeaway: Is Vegan Protein Powder Worth It?

Using a vegan protein powder comes with many benefits, including increasing the amount of protein you consume per day, building muscle, and delivering nutrients you typically get from plants. It's a convenient option for those on plant-based diets looking to up their protein intake. Plus, vegan protein powder isn't just for vegans—anyone can use plant-based protein, regardless of their diet.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any diseases.

Prices are accurate and items in stock at time of publishing.