



Doctor-Approved Protein Powders

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Keeping Columbia Moving!

If there's one thing I get asked weekly—"What protein powder should I be using?"—this is it. Whether you're a **smoothie lover, busy parent on-the-go**, or just trying to **get more protein without sketchy ingredients**, I've got you. Below are **five top-rated, doctor-approved** options you can find right on **Amazon**. These are **non-GMO, clean, taste great**, and yes—I've personally tried or vetted each one.

VEGAN VS. WHEY: WHAT'S THE DIFFERENCE?

Let's clear this up—**both are great**, it just depends on your lifestyle and how your body feels.

- **Whey protein** is derived from milk and is one of the most **complete proteins**, meaning it contains all **nine essential amino acids**. It's fantastic for **muscle building, quick recovery, and satiety**. However, if you're dairy-sensitive or trying to reduce inflammation, it may not be your match.
- **Vegan protein** powders, on the other hand, are **plant-based** and usually made from peas, rice, or seeds. They're gentler on digestion, **dairy-free**, and often include **fiber, vitamins, and enzymes**. Great for vegans, vegetarians, or anyone trying to reduce animal products.

My advice? Listen to your body. Try both and see how you feel—energy, digestion, and taste are your best guides.

BIRDMAN Fitmingo Lifestyle Protein (Vegan)

Rating: 9.5/10



[Fitmingo](#)

[Amazon](#)

BIRDMAN Fitmingo isn't just a protein—it's a **wellness cocktail in disguise**. This one stands out because it does more than help you hit your protein goals; it supports **hormonal balance, skin hydration, and joint health**, all in one scoop. It's packed with clean, **plant-based protein** plus functional add-ons like **myo-inositol** (great for women with PCOS or cycle irregularities), **hyaluronic acid** (hello, glowing skin), and **collagen boosters**—which are rare in vegan powders.

From a taste perspective, it's **light, not chalky**, and blends beautifully with just water or almond milk. I also love that it **skips the sugar alcohols and unnecessary fillers**. If you're a busy woman juggling health, work, and hormones (hi, aren't we all?), this one makes wellness feel doable.

Pro tip: Blend it with frozen blueberries and almond milk for a skin-loving smoothie!

VitaHustle ONE Superfood Protein (Vegan)

Rating: 9/10



[VitaHustle](#)

[Amazon](#)

If you ever wished your protein powder did everything—this is the closest I've found. **VitaHustle ONE** is a powerhouse. It combines **20 grams of clean plant protein with adaptogens, 86 superfoods, digestive enzymes, prebiotics, and probiotics**. It's like someone threw your entire supplement cabinet into a scoop and made it taste like chocolate.

I recommend this one to my patients who want to simplify their routine without sacrificing results. It's ideal for **parents, travelers, or anyone who skips meals but wants energy, immune support, and better gut health** in one convenient shake. It's also **dairy-free, gluten-free**, and tastes like a treat (think dark cacao milkshake vibes). I suggest using it in the morning in place of a full breakfast—your energy and digestion will thank you.

PlantFusion Complete Vegan Protein (Vegan)

Rating: 8.8/10

[Plant Fusion](#)

[Amazon](#)



PlantFusion is the unsung hero of plant-based protein. It's made from peas, artichokes, and sprouted amaranth—yes, that's a thing—and delivers **21g of protein plus BCAAs** for muscle recovery. What I really love about this one is the **addition of digestive enzymes**, which makes it a dream for people who usually bloat with powders.

The **Vanilla Bean flavor** is surprisingly smooth and mixes well, even without a blender (hello, shaker bottle warriors). It doesn't have that overpowering fake sweet taste or gritty texture that turns so many people off plant proteins. If you're newer to vegan protein or have a sensitive gut, this is the one I'd recommend. You'll feel full, energized, and satisfied.

Simply Tera's Organic Whey Protein (Whey)

Rating: 9.3/10

[Simply Teras](#)

[Amazon](#)



This is my favorite **clean dairy-based protein** for everyday use. Simply Tera's uses organic, **grass-fed whey**, and the ingredients list is blissfully short. **No artificial anything, no gums, no sketchy sweeteners**—just what you need, and nothing you don't. It's **USDA Organic and non-GMO**, so if you care about quality sourcing (you should), this one delivers.

The Bourbon Vanilla flavor is delicious but not overpowering, and it mixes easily in both milk and smoothies. I love recommending this to patients who want whey but can't tolerate the junk that's often hiding in big-name brands. It's especially helpful for **muscle repair, metabolism support**, and satiety. Great for post-workout or even a midday snack to avoid the 3 p.m. crash.

Transparent Labs Grass-Fed Whey Isolate (Whey, GMP Certified)

Rating: 9.7/10

[Transparent Labs](#)

[Amazon](#)



This is the **top-tier whey isolate** I recommend to anyone who's serious about their fitness, weight loss, or clean eating goals. Transparent Labs doesn't mess around. This powder is **third-party tested, GMP certified**, and completely **free of artificial sweeteners, dyes, preservatives, or additives**. Each scoop delivers a massive **28 grams of protein**, making it one of the most efficient, high-quality choices on the market.

I especially love that it's made from **100% grass-fed cows** and contains **virtually no lactose**, so it's ideal for those with mild dairy sensitivities. The Milk Chocolate and French Vanilla flavors are fan favorites—smooth, creamy, and totally guilt-free. Use it post-workout for muscle recovery or as a high-protein breakfast that actually keeps you full.

Commonly Asked Questions:

Q: How much protein do I really need?

- Most people benefit from 0.6–1g per pound of body weight depending on activity level. If you work out, are healing, or just trying to stay full longer, you might be on the higher end of that.

Q: When should I take it?

- There's no one-size-fits-all. Some like it in the morning smoothie, others post-workout. I say: whatever you'll stick to is the best time.

Q: What should I mix it with?

- Water, almond milk, oat milk, or blend it with frozen banana and spinach if you want to level up. Add chia seeds, cinnamon, or a scoop of collagen for extra benefits.

Q: How do I know if a protein is clean?

- Look for third-party testing, GMP certification, and short ingredient lists you can read without Googling. No artificial colors, no corn syrup solids, and avoid "proprietary blends" that hide doses.

Q: Is it okay to have protein powder every day?

- Yep! It's a convenient way to meet your needs, especially if you struggle to hit your protein goals with whole foods. Just make sure it's part of a balanced diet—not the only thing you're relying on.