

8 Powerful Results of Drinking Plant-based Protein Powder

Plant-based protein powders are gaining traction in diets around the world. If you are reading this article, you probably know the biggest reason behind the trend: ensuring a robust, nutrient-dense diet. Fortunately, the market is becoming filled with products that offer an alternative to whey proteins and the undesirable side effects of artificially filled bottled products. Especially for vegans, quality powder supplements are an essential addition to maintaining a healthy diet.

While I have a recommended brand (below) to try to get your huge benefits, for now, let me share with you the benefits of drinking plant-based protein powder:

1. **It Boosts Metabolism**

If you want to shed weight, it is essential to eat more protein to help kick your metabolism into gear. Plant-based protein powder does double duty for you to help you achieve your weight loss goals as high levels of fiber and protein are conveniently served together.

2. **It Controls Calorie Intake**

No arguing that fruits and veggies are awesome for great digestion, but for those who are counting calories, plant-based protein powder provides a great bang for the buck, and is tremendously nutrient-dense. You can easily replace breakfast or lunch with a plant-based protein powder shake and intake only have half the calories.

3. **Simple Ingredients**

The best protein powders offer simple ingredients. Healthy sources such as pea protein, brown rice protein,

pumpkin seed protein, chia seed protein, apple, kale, broccoli, spinach, carrot, parsley, beet, green cabbage, blueberry, raspberry, strawberry, tomato, probiotics, spirulina, and rice hull are especially desirable additions to good protein powders.

5. **Minerals and Vitamins Galore**

Plant-based powders offer many additional extra vitamins and minerals to your diet. A protein powder that gives more than just protein is an excellent investment in your health. Such powders have the protein that your body requires. Besides, there are plenty of minerals that your body can use to keep it healthy and strong. The truth is, adding fruits, veggies, and other plants to your protein powder is an excellent idea. Protein powders are such simple and highly effective ways to get the nutrients you need.

6. **No Antibiotics or Growth Hormones**

Domestic animals are usually treated with antibiotics and growth hormones. That can conveniently translate into the whey protein you may want to use for your exercises. Although it is straightforward enough to find a whey protein that is made from cows that have not been treated with all of that unhealthy additives, some of you may feel more comfortable avoiding whey protein completely. With plant-based protein powder, you will not have to worry about any of those hormones or antibiotics!

7. **Friendly Fiber**

Plants are packed with fiber, which is good for us. Fiber contains both soluble and insoluble fiber. It is the insoluble fiber that helps our digestive system run smoothly. The soluble fiber keeps us feeling full and happy after we eat. Plant-based protein powder naturally keeps you feeling full while also keeping you regular. It is like a double win! On top of that, Fiber can also help with heart health! A happy heart is essential to

proper exercise and dieting.

8. **Allergy Free Ally**

Plant-based protein powder can be the top pick for individuals who do suffer from a whey allergy. It can also be a fantastic choice for those who have gluten allergies. Plant-based protein powder is often gluten-free and hypoallergenic. As long as you don't have a specific allergy to any one of the ingredients in your plant-based protein, your protein powder is a safe choice from major allergy concerns.

In a nutshell, if you want to realize your weight loss and workout goals, let plant-based protein powder help you out. As long as you use it appropriately, along with proper diet and exercise, you should have no problem getting your body to where you want it to stay.

If you are looking for a start to your plant-based nutrition, I would highly recommend [Plant Vital Nutrition](#)'s product. Since I've been using this powder in my shakes, I see my energy really amped up!

Though one scoop of powder is recommended for 8 ounces of liquid, I usually double the liquid, and also add in fresh fruit like pineapple, kiwi, or mango, and veggies like kale, spinach, and/or carrot to increase the density. So many varieties, and the powder is like liquid gold in the mixture!



[Plant Vital Plant-Based Complete Protein Powder](#)