

Comparison of Vegan Meal Replacement Drinks

Brand	Ambronite	Ample Foods	Garden of Life	Huel	KiiTO	Soylent Drink	Soylent Café	Soylent Powder	Super Body Fuel
<b>Formula</b>	Meal Replacement	Ample V (400)	Meal Replacement	Unflavored/Gluten-free	Chocolate - Maca	Original	Café	Pouches	Super Fuel
<b>Ready to drink</b>	With Water	With Water	With Water	With Water	Yes	Yes	Yes	With Water	With 2 Tablespoons of Oil and Water
<b>Calories</b>	160	400	120	500	220	400	400	400	500
<b>Protein</b>	10g	20g	20g	37g	20g	20g	20g	20g	25g
<b>Fat</b>	6g	26g	2g	16g	13g	21g	21g	20g	31g
<b>Carbohydrates</b>	17g	23g	8g	47g	3g	36g	37g	39g	31g
<b>Sugar</b>	5g	4g	Less than 1g	1g	1g	9g	9g	15g	0g
<b>Irritating Ingredients</b>	None	None	Erythritol (Sugar Alcohol)	None	None	Soy, Sucralose	Soy, Sucralose, Canola Oil	Soy, Sucralose, Canola Oil	None
<b>Artificial Ingredients</b>	No	No	No	Yes	No	Yes	Yes	Yes	No
<b>Non-GMO</b>	Yes	Yes	Yes	Yes	Yes	No	No	No	No
<b>Protein Source</b>	Oats, Almonds	Pea, Rice	Various (plant-based)	Brown Rice, Pea	Pea Protein	Soy	Soy	Soy	Oats, Brown Rice
<b>Fat Source</b>	Sea-buckthorn, Flax Seed, Almonds	Coconut Oil, High Oleic Sunflower Oil, Macadamia Nut Oil, Sunflower Lecithin	Various (plant-based)	Sunflower Lecithin, MCTs from Coconut, Flax Seed	Coconut Milk	Sunflower Oil	Sunflower Oil, Canola Oil	Canola Oil	Whatever oil you add
<b>Micronutrient Density</b>	★★★★☆	★★★★☆	★★★★☆	★★★☆☆	★★★★☆	★★★☆☆	★★★☆☆	★★★☆☆	★★★☆☆
<b>Vitamin Density</b>	★★★★☆	★★★★☆	★★★★☆	★★★★☆	★★★★☆	★★★★☆	★★★★☆	★★★★☆	★★★★☆
<b>Probiotics</b>	No	Yes	Yes	No	No	No	No	No	No
<b>Paleo rating</b>	★★★★☆	★★★★☆	★★★☆☆	★★★☆☆	★★★★☆	★★★☆☆	★★★☆☆	★★★☆☆	★★★★☆
<b>Gluten-free</b>	No	Yes	Yes	Yes	Yes	No	No	No	Yes
<b>Lactose-free</b>	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
<b>Rating</b>	★★★★☆	★★★★★	★★★☆☆	★★★☆☆	★★★★★	★★★☆☆	★★★☆☆	★★★☆☆	★★★★☆
<b>MSRP</b>	\$68.00	\$42.00	\$37.05	\$74.00	\$65.00	\$39.00	\$39.00	\$60.80	\$50.00
<b>Cost per 100 kcal</b>	\$4.25	\$1.75	\$1.10	\$0.53	\$2.40	\$0.81	\$0.81	\$0.43	\$0.50