

soy

**complete protein** =  
contains all 9 essential  
amino acids.

slowly digested, not the  
quickest acting therefore  
not the best post work-  
out

helpful in managing  
cholesterol and blood  
sugar levels

plant based, dairy free

whey

also a **complete protein**

actually the liquid part  
that is strained off when  
milk becomes cheese

**whey protein  
concentrate** = <90%  
protein

**whey protein isolates**  
>90% protein

and even better **whey  
protein hydrolysate** is  
the purest form and  
actually "pre-digested"  
making this the easiest  
for the body to utilize

low in lactose

vs.



Eat.with.Erin