

5% Nutrition Real Carbs + Protein, Special Fall Release: Apple Cinnamon Pie

written by Mike Roberto | November 27, 2021



Nobody knows nutrition better than a bodybuilder, and Rich Piana was one of the *greatest* bodybuilders of all time, so we can learn a lot from his views on food. Although he emphasized that *most* of your calories should come from nutrient-dense whole-food sources, Piana was a results-oriented *pragmatist* who understood that under the right circumstances, protein and meal replacement powders (MRPs) can be *clutch* for anyone who's trying to build a lot of muscle.

But Piana found the existing MRPs to be unsatisfactory, so he started his own nutrition label, *5% Nutrition*, and set about developing something better. One of the best products the brand brought to market is the **Real Carbs + Protein** powder, a high-quality, whole-foods-based MRP.

Real Carbs + Protein Fall Release: Apple Cinnamon Pie



5% Nutrition Real Carbs Protein Apple Cinnamon Pie is back for a limited time – get in on it while you can!

Any time you're running low on time, all you have to do is reach for your can of Real Carbs + Protein. With its balanced macronutrient profile and real, whole-food ingredients like oats, sweet potato, rice flour, beef and chicken protein, egg powder, chickpeas, and coconut oil, Real Carbs + Protein was designed to offer the best of both worlds: convenience *and* real nourishment from real food sources.

Still, one of the things Piana realized early on is that if you want MRPs to compete with *hyper-palatable convenience foods*, you've gotta make 'em taste *really good*. That's why 5% Nutrition focuses so much time and energy on developing amazing *flavors* for their **Real Carbs + Protein** MRP.

...it's back for Fall 2021!

Last year, when they released the fall-themed flavor, **Apple Cinnamon Pie** (alongside the *Birthday Cake* flavor), it was such a *hit* that they're bringing it back this year.

Apple Cinnamon Pie Real Carbs + Protein has an exquisite balance of cinnamon and apple flavors, with that hint of buttery, flaky crust that will take you right back to a crisp, autumn day.

Want to know more about Real Carbs + Protein? Sign up below for news about 5% Nutrition and deal alerts from PriceFlow!

Rich Piana 5% Nutrition Real Carbs +Protein – Deals and Price Drop Alerts

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Real Carbs + Protein Nutrition Facts

In one tub of Real Carbs + Protein MRP, you get 22 servings. According to 5% nutrition, the best way to mix it is with one scoop per 12 to 16 ounces of water, milk, or milk substitute. Take one or two doses daily, depending on your caloric intake and fitness goals.

APPLE CINNAMON PIE

Nutrition Facts

22 Servings Per Container
Serving Size: 1 Scoop (65g)

Amount Per Serving	250
	% Daily Value*
Total Fat 6g	8%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 153 mg	7%
Total Carbohydrate 30g	11%
Dietary Fiber 6g	21%
Total Sugars 1.5g	
Added Sugars 0g	0%
Protein 21g	42%
Vitamin D 0mcg	0%
Calcium 51mg	4%
Iron 2.87mg	16%
Potassium 343mg	7%
Vitamin A 289 mcg RAE	32%
Phosphorus 9mg	1%
Magnesium 77mg	18%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Whole Grain Oats, **Protein Blend:** (Hydrolyzed Beef Protein Isolate (HydroBEEF™), Whole Egg Powder, Chickpea Protein, Organic Chicken Powder), Rice Powder, **Coconut Oil Blend:** (Coconut Oil, Glucose Polymer, and Modified Food Starch), Sweet Potato, Gum Blend (Cellulose Gum, Xanthan Gum, Carrageenan), Natural Flavors, Sucralose

Never miss a meal with Real Carbs + Protein from 5% Nutrition!

In *one* scoop of Real Carbs + Protein, you get the following:

Real Carbs + Protein Ingredient Overview

• Dairy-Free (but non-vegetarian) Protein Sources

Those of you with dairy sensitivities can rest easy, because Real Carbs + Protein uses a *dairy-free* protein blend, sourced from:

- Hydrolyzed beef isolate (Hydrobeef)
- Powdered eggs (whole eggs)
- Chickpea protein
- Organic chicken powder

• Carbohydrate sources

The low-glycemic carbohydrates found in Real Carbs + Protein include:

- Whole grain oat flour
- Rice powder
- Sweet potato

- **Fat source**

Real Carbs + Protein gets its fat content from an emulsifying blend of **coconut oil**, glucose polymer, and food starch. There may also be some residual fat from the protein and carbohydrate blends.

Other ingredients

To make this flavor actually taste like apple pie, as well as improve the texture of the powder, 5% Nutrition uses the following ingredients:

- Natural flavors
- Sucralose
- Gum blend (cellulose, xanthan, and carrageenan)



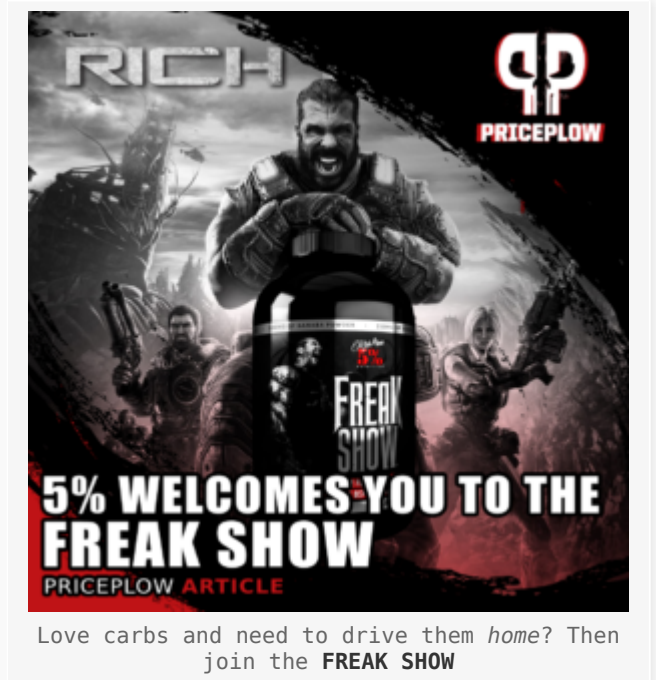
Limited edition, but see if it's still available through PricePLOW

Real Carbs + Protein Flavors

Want a complete list of all the Real Carbs + Protein flavors? Check it out below:

Dial-In Your Nutrition With 5%

If you're a fan of Real Carbs + Protein, check out these other great products from 5% Nutrition:



- **Shake Time**
- **Real Carbs** and **Real Carbs RICE**
- **Knock the Carb Out Bars**

And to help you digest all that food (six huge meals a day if going Rich Piana style), check out 5% Nutrition Digestive Defender and consider shuttling those carbs better with Rich Piana's Freak Show!

No matter how busy your life, real, wholesome nutrition is possible on-the-go with this amazing product line from 5% Nutrition. Instead of reaching for an ultra-processed convenience snack, consider giving your body the nourishment it deserves and try one of these premium whole-food supplements.

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