

# Kaged Clean Meal Chocolate Peanut Butter: A Flavor as Good as the Ingredients

written by Mike Roberto | October 2, 2022

The **Kaged** rebrand has been in full swing all year, with their beautiful and simple new labels covering nearly their entire product line. It started this year with the insanely powerful Pre-Kaged Elite, which we revealed in *PricePLOW Podcast #058* with CEO Michael McClane when he announced the name change from *Kaged Muscle* to *Kaged*.



But as you can guess from that epic Pre-Kaged formula, the brand is *not* abandoning muscle gains – and to back that up, they’re expanding their meal replacement protein menu:

## Clean Meal Chocolate Peanut Butter

Earlier this month, Kaged announced a **Chocolate Peanut Butter** flavor of *Clean Meal*, their whole foods meal replacement (MRP).

Only issue is that it *sold out* before we could get this article up! We’ve had a video review on it – the flavor is most excellent – but finally, it’s available in partner retailers, so let’s quickly dig into the macros, main ingredients, and why we crush pound after pound of this MRP:

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## Chocolate Peanut Butter Clean Meal

As told in the review above, the “*flavor kills it*” – it’s a 50/50 blend of chocolate and peanut butter. The cocoa’s more on the *milk chocolate* side, which is worth noting since Kaged Muscle Whey Isolate’s Chocolate flavor has more *dark* chocolate notes. Regardless, Kaged always seems to use epic cocoa.

## Clean Meal Chocolate Peanut Butter Macros

As is usually the case for chocolate peanut butter flavor systems, this version has a few more calories than the other flavors – but to us, it’s worth it because you’re getting more of *everything* – more carbs, more protein, and half a gram more fat than the original *Snickerdoodle* flavor:



Calories: 240

- Protein: 29g
- Total Carbohydrate: 20g
  - Dietary Fiber: 3g
  - Total Sugars: 2g (0 added)
- Total Fat: 5g
  - Saturated Fat: 4g

## Clean Meal Ingredients

Our full in-depth analysis is posted in our article titled [Kaged Clean Meal: The Most Underrated Meal Replacement on the Market](#), which should give you a hint regarding our opinions on this product. If you don't need a full lecture, here are the main bullet points:

- **Protein Source: *io*Whey Optimized Whey Protein Isolate**

Kaged doesn't just use **whey protein isolate**, they use whey protein isolate that's been improved with **ioWhey** technology from *Ingredient Optimized (io)*.



This is explained with references in the Clean Meal article linked above, but the general gist is that io Technology utilizes an *atmospheric plasma treatment process* that “shifts” the actual protein molecules into a configuration that improves their surface area, solubility, and dispersibility. This leads to improved solubility, better absorption, and ultimately, greater amino acid uptake into the intestines!

Clean Meal will also have some added protein sources (such as from quinoa and the peanut flour in this flavor), but the vast majority is coming from this whey protein isolate – no lower-cost concentrates inside!

- **Carbohydrate Sources: Oat flour and organic quinoa**

For your carbs, Kaged employs both **oat flour** and **organic quinoa**. In an industry where we see far too much cheap maltodextrin or “glucose polymers”, this is a breath of fresh air. These provide some auxiliary compounds like *β-glucan*, *avenanthramides*, and other beneficial phytochemicals.

You’ll also see perhaps an extra carb or two from the **cocoa powder** used in this flavor system, which is something we never complain about, given cocoa’s healthy properties.

- **Fat Sources: MCT Powder**



You can't have a meal replacement supplement without a carb source. The important thing is where those carbs come from. In Kaged Clean Meal, you get your carb requirements from oat flour and quinoa – two excellent and healthy options.

The fat calories you see on Clean Meal's label *mostly* come from **medium chain triglyceride powder**, abbreviated to *MCT*. These are the healthy saturated fats that generate quick energy, and can be easily converted to *ketone bodies*, providing an alternative fuel source from glucose.

With the Chocolate Peanut Butter flavor, you can also expect to get a gram of fat off of the peanut flour and cocoa. There may be a *smidgen* of extra from the whey protein isolate, although that will be negligible in a pure whey isolate.

- **The Vitamin and Mineral Blend**

One thing that separates Clean Meal from the pack is its **vitamin and mineral blend**, which includes not only vegetables like *broccoli*, *spinach*, *kale*, *pumpkin*, and *sweet potato*, but also *maitake* and *shiitake* mushrooms. These provide *other* beta-glucans that differ from those of the oat flour, leading to even more potential health benefits.

While we love mushrooms, we're also happy to tell you that you won't taste them in this powder.

## • Other ingredients: Sweeteners and Thickeners

Clean Meal follows the Kaged mantra of using as much natural sweetening as possible – it has a blend of **stevia** (steviol glycosides) followed by just a bit of **sucralose** at the end of the label to perfect the aftertaste.

In addition, there's a *triple gum blend* of *guar gum*, *gum acacia*, and *xanthan gum*. We've repeatedly gone on the record stating that we just seem to like protein powders more when there's more than one gum involved to round out the texture profile.

Again, read the full story with scientific references in our main Kaged Clean Meal blog post.

## Other flavors available



Chocolate Peanut Butter is great, but Kaged is very well-known for their Snickerdoodle flavor as well. Here's what's currently available out there on the web:

## Keep up on your diet with Clean Meal

Should you live off of meal replacement proteins? No – but is it a good idea to



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