

The WbMT Protein Scorecard

A practical tool for evaluating meals and protein products

Most people do not need more protein products. They need a better way to judge them.

The WbMT Protein Scorecard helps you evaluate meals, powders, bars, yogurts, and convenience foods based on what actually matters in real life: protein quality, protein density, satiety, ingredients, and convenience.

This is not a perfect-nutrition game. It is a decision tool.

How the score works

Protein quality – 3 points

Is this a strong protein source with a useful amino acid profile and real anchor value?

Protein density – 2 points

How much useful protein do you get for the calories?

Satiety support – 2 points

Will this actually help keep you full?

Ingredient cleanliness – 2 points

How much unnecessary sugar, oil, filler, or emulsifier load comes with it?

Convenience – 1 point

Can you use it repeatedly in normal life?

Score interpretation

8–10 — WbMT Green Light

6–7 — Useful but contextual

4–5 — Supporting role

0–3 — Marketing protein, not performance protein

Protein is not just a label claim. It is a hierarchy.

How to Use the Scorecard in Real Life

Use the scorecard to separate anchor proteins, support foods, and protein-looking foods. The goal is not food perfection. The goal is food clarity.

Quick examples

Greek yogurt + whey + berries

Protein quality: 3

Protein density: 2

Satiety: 2

Ingredients: 2

Convenience: 1

Total: 10/10

Whey isolate shake in water

Protein quality: 3

Protein density: 2

Satiety: 1

Ingredients: 2

Convenience: 1

Total: 9/10

Protein bar with 20 g protein, 280 kcal, heavy sweetener load

Protein quality: 2

Protein density: 1

Satiety: 1

Ingredients: 0–1

Convenience: 1

Total: 5–6/10

Peanut butter on toast

Protein quality: 1

Protein density: 0

Satiety: 1

Ingredients: 1

Convenience: 1

Total: 4/10

The WbMT rule

A food does not need to score 10/10 to belong in your diet.

It just needs to be judged honestly.

Next steps

- Read the doctrine: Protein Quality vs Quantity: The WbMT Doctrine
- Apply it daily: Best Protein Breakfasts for Busy Professionals
- Use it under pressure: Travel Protein Guide

Build meals around the anchor first.