

Quest for the Best - Protein Bar

	Taste	Texture	Nutrition	Ingredients	Flavors	Value	Notes	Macro Content (% of total calories)								
<u>Bodybuilding.com Signature Protein Crunch Bar</u>	<p>Cookies and Cream (9.5): Great cookies and cream flavor, though it borders on too sweet for me.</p> <p>Chocolate Peanut Butter (9.5): Really great peanut butter flavor, but I don't get much in the way of chocolate.</p>	<p>9.5 On the inside, there's a layer of cookie or wafer topped with crunchy bits and a nice, thick chocolate coating on the outside with some drizzles.</p>	<p><i>Per 57 g bar:</i> 230 cals 20 g protein 9 g fat 20 g carbs (5 g fiber, 5 g sugar, includes 5 g added sugars, 3 g sugar alcohol)</p>	<p>Protein Blend (Whey Protein Isolate, Whey Protein Concentrate), Vegetable Oils (Palm, Palm Kernel, Soybean), Soy Protein Isolate, Vegetable Glycerin, Chicory Root Fiber, Sugar, Collagen, Cocoa (processed with alkali), Brown Rice Flour, Water, Maltitol, Natural Flavors, Salt, Sunflower Lecithin, Mono and Diglycerides, Whey, Potassium Sorbate, Vitamin A Palmitate, Beta-Carotene, Soy Lecithin, Tapioca Starch, Almond, Peanut, and Sucralose</p>	<p><i>5 flavors:</i> Birthday Cake Chocolate Chip Cookie Dough Chocolate Peanut Butter Cookies and Cream Double Chocolate Chunk</p>	<p>\$24.99 / 12 pack = \$2.08 / bar</p>	<p>These are brand new bars from bodybuilding.com and they did an awesome job with them!</p>	<table border="1"> <tr><th>Macro</th><th>Percentage</th></tr> <tr><td>Protein</td><td>33%</td></tr> <tr><td>Fat</td><td>33%</td></tr> <tr><td>Carbs</td><td>34%</td></tr> </table>	Macro	Percentage	Protein	33%	Fat	33%	Carbs	34%
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<u>Clif Bar Builder's Protein Bar – Chocolate Peanut Butter</u>	<p>8.5 I wish that I had been able to snag a purely chocolate version of this bar for a good comparison, because I think the peanut butter was a little distracting in this bar when you put it up against a stack of all chocolate bars (I know, I know – I can't believe I'm saying it either). The PB flavor was just a touch bland, but I did really like that it wasn't too sweet.</p>	<p>10 This bar overall is a little bigger than most of the others and has some nice layers and crunch to it.</p>	<p><i>Per 68 g bar:</i> 270 cals 20 g protein 9 g fat 29 g carbs (21 g sugar, 2 g fiber)</p>	<p>Soy Protein Isolate, Beet Syrup, Organic Brown Rice Syrup, Organic Dried Cane Syrup, Palm Kernel Oil, Organic Peanut Butter, Organic Peanuts, Organic Soy Protein Concentrate, Organic Oat Fiber, Natural Flavors, Vegetable Glycerin, Cocoa, Rice Starch, Salt, Cocoa Butter, Soy Lecithin, Organic High Oleic Sunflower Oil, Mixed Tocopherols (Antioxidant).</p>	<p><i>7 flavors:</i> Chocolate Chocolate Hazelnut Chocolate Mint Chocolate Peanut Butter Cookies 'n Cream Crunchy Peanut Butter Vanilla Almond</p>	<p>\$21.48 / 12 pack = \$1.79 / bar</p>	<p>If you can afford to fit the extra carbs in your daily macros or are sensitive to artificial sweeteners, this is your bar. This wrapper also says it's low glycemic (although brown rice syrup, the #3 ingredient, is high glycemic) and uses non-GMO ingredients, including several organic ingredients. I gave it one of the top spots anyway because the taste and texture are pretty much on point, it has great value and the ingredients list doesn't make me too nervous to eat it.</p>	<table border="1"> <tr><th>Macro</th><th>Percentage</th></tr> <tr><td>Protein</td><td>29%</td></tr> <tr><td>Fat</td><td>29%</td></tr> <tr><td>Carbs</td><td>42%</td></tr> </table>	Macro	Percentage	Protein	29%	Fat	29%	Carbs	42%
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<u>The Best Protein Bar Ever - S'mores</u>	<p>10 I don't give out a 10 very often on taste, but this bar is seriously yummy. It doesn't have that typical protein bar flavor and the s'mores flavor comes through nicely without being too sweet.</p>	<p>9 The texture of this bar reminds me of a rice crispy treat, except much more pleasant to eat. It's got bite to it without being crunchy or chewy. It's a nice middle ground.</p>	<p><i>Per 58 g bar:</i> 200 cals 17 g protein 4.5 g fat 26 g carbs (4 g fiber, 6 g sugar)</p>	<p>Protein Blend (Whey Protein Crisps (Whey Protein Concentrate, Corn Starch) Kosher Bovine Gelatin, Dried Egg Whites), Non-GMO Corn Syrup, Dark Chocolate Coating (Sugar, Palm Kernel, Cocoa (Processed with Alkali), Soy Lecithin, and Vanilla), Digestion Resistant Maltodextrin, Kosher Bovine, Graham Cracker (Unbleached Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate {Vitamin B}), Riboflavin {Vitamin B2}, Folic Acid), Graham Flour (Whole Grain Wheat Flour), Sugar, Soybean Oil, Honey, Leavening (Baking Soda and/or Calcium Phosphate), Salt, Soy Lecithin, Artificial Flavor), Non-GMO Organic Erythritol, Vegetable Glycerin, Triple-Filtered Water, Canola Oil, Milk Protein, Methylcellulose, Less than 2%: Fortifiber, Chia Seeds, LeptiCore, Kale Powder, Pomegranate, Vitamin E Mixed with Tocopherols, Flaxseed, Fish Oil, Non-GMO Palm Oil, Natural Flavor.</p>	<p><i>1 flavor:</i> S'mores</p>	<p>\$35.00 / 10 pack = \$3.50 / bar</p>	<p>I wasn't sure what to expect with this bar since it's not your average protein bar, but I was very pleasantly surprised. I would definitely buy these again as a treat. The ingredients list and price point would keep me from eating them regularly though.</p>	<table border="1"> <tr><th>Macro</th><th>Percentage</th></tr> <tr><td>Protein</td><td>32%</td></tr> <tr><td>Fat</td><td>19%</td></tr> <tr><td>Carbs</td><td>49%</td></tr> </table>	Macro	Percentage	Protein	32%	Fat	19%	Carbs	49%
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PROBAR BASE Protein Bar - Cookie Dough	8.5 Just a touch sweeter than I would like, but I definitely pick up the cookie dough flavor.	10 This bar has it all...a thin chocolate coating, a creamy layer of cookie dough, and a big layer of crunchy bits to keep things exciting.	<i>Per 70 g bar:</i> 290 cals 21 g protein 9 g fat 32 g carbs (16 g sugar, 4 g fiber)	Soy protein isolate, organic tapioca syrup, organic agave syrup, organic dried cane syrup, fractionated palm kernel oil, glycerin, organic agave inulin, high oleic safflower oil, omega blend (flaxseed, chia seed), unsweetened chocolate, sugar, natural flavor, organic rice protein concentrate, tapioca starch, cocoa, organic soy protein concentrate, salt, cocoa (processed with alkali), molasses, soy lecithin, cocoa butter, gum arabic, rosemary extract, tocopherols added to protect flavor, citric acid, ascorbic acid.	<i>6 flavors:</i> Chocolate Bliss Chocolate Supergreen Coffee Crunch Cookie Dough Mint Chocolate Peanut Butter Chocolate	\$35.88 / 12 pack = \$2.99 / bar	This bar is a little bigger than a lot of bars on the list (70 grams vs a typical 50-60 grams) and it has the calorie content to show for it. <i>But</i> , the texture of this bar is top notch, the ingredients list is pretty innocent, and the flavor is great too. They're gluten free, non-GMO and plant based too.	
Grenade Carb Killa – Chocolate Cream	9.5 This bar is not overly sweet but has a great chocolate flavor with a hint of caramel.	10 This bar is the most visually appealing when you see the inside – it has nice layers and what looks like a cookie crunch layer topped with caramel-like sticky stuff (almost like a Twix?) and crisped rice under a chocolate coating.	<i>Per 60 g bar:</i> 210 cals* 23 g protein 8 g fat 20 g carbs (1 g sugar, 7 g fiber) *Macro math gives you about 240 cals per bar	Milk Protein (Calcium Caseinate, Milk Protein Isolate, Whey Protein Isolate), Chocolate (Maltitol; Cocoa Butter, Whole Milk Powder, Cocoa Mass, Emulsifier (Soy Lecithin), Natural Flavors), Polydextrose, Gelatin Hydrolysate, Glycerol, Soy Protein Isolate, Cocoa Butter, soy oil, Palm Fat, Xylitol, Sucralose, Skimmed Milk Powder, Fat Reduced Cocoa, Cream Powder, Salt, Soy Lecithin, Natural Flavors	<i>8 flavors:</i> Birthday Cake Caramel Chaos Chocolate Chip Cookie Dough Chocolate Cream Chocolate Crunch Peanut Nutter White Chocolate Cookie White Chocolate Salted Peanut	\$29.99 / 12 pack = \$2.49 / bar	I'm bummed that this bar has so many questionable ingredients...although I suppose that's why it tastes so good. Even though it scored so high, I couldn't give it one of the top two spots because of that (not to mention that it's one of the more expensive bars on the list).	
REDCON1 MRE Bar - Crunchy Peanut Butter Cup	8.5 Pretty tasty, not overly sweet, but I wish the peanut butter flavor was more pronounced.	8.5 Lots of textural interest in this chocolate coated bar. I took points off because it's ever so slightly dry and the oats inside give it a chewiness where you would expect a crunchiness.	<i>Per 67 g bar:</i> 260 cals 20 g protein 9 g fat 29 g carbs (3 g fiber, 6 g sugar, includes 5 g added sugar)	Protein Blend (Beef Protein Isolate, Salmon Protein, Chicken Protein, Egg Albumin, Brown Rice Protein, Pea Protein), Gluten-Free Rolled Oats, Carbohydrate Blend (Dehydrated Yam, Dehydrated Sweet Potato, Pea Starch, Coconut Water Powder, Dehydrated Blueberries, Dehydrated Goji Berries, Maltodextrin, Dextrose, MCT Oil, Cellulose Gum, Cinnamon, Salt, Sucralose, Acesulfame-Potassium), Soy Protein Isolate, Vegetable Oils (Palm, Palm Kernel, Soybean), Sugar, Vegetable Glycerin, Peanuts, Sorbitol, Water, Whey Protein (from coating), Maltitol, Brown Rice Flour, Chicory Root Fiber, Cocoa, Natural Flavors, Reduced Mineral Whey Powder, Sunflower Lecithin, Whey, Mono and Diglycerides, Soy Lecithin, Beta-Carotene, Vitamin A Palmitate, Potassium Sorbate, Almond, and Sucralose	<i>8 flavors:</i> Banana Nut Bread, Blueberry Cobbler, Crunchy Peanut Butter Cup, German Chocolate Cake, Iced Carrot Cake, Oatmeal Chocolate Chip, S'mores, Sprinkled Donut	\$35.88 / 12 pack = \$2.99 / bar	Although this bro bar is tasty, it's got a typical bro ingredients list that I don't love. One thing I found interesting though is the mix of proteins they use in this bar - pretty different from what you typically see in a bar!	
thinkThin High Protein Bars – Brownie Crunch	8 The flavor is nice and chocolatey and not overly sweet.	8 These bars have a good crunch to them, but sadly no layers inside and the bar is just a little on the dry side.	<i>Per 60 g bar:</i> 230 cals 20 g protein 8 g fat 25 g carbs (0 g sugar, 2 g fiber, 12 g sugar alcohol)	Protein Blend (Soy Protein Isolate, Calcium Caseinate, Whey Protein Isolate), Maltitol, Coating (Maltitol, Cocoa Butter, Chocolate, Sodium Caseinate, Milk Fat, Soy Lecithin, Natural Flavor, Salt), Glycerin, Almonds, Water, Soy Crisps (Soy Protein Isolate, Tapioca Starch), Alkalized Cocoa, Sunflower Oil, Sunflower Lecithin, Natural Flavors, Chocolate, Sea Salt. Contains: Tree Nuts (Almonds), Milk, and Soy.	<i>11 flavors:</i> Brownie Crunch Caramel Fudge Chocolate Strawberry Chocolate Espresso Chunky Peanut Butter Cookies 'n Cream Creamy Peanut Butter Dark Chocolate Lemon Delight Maple Almond White Chocolate	\$14.95 / 10 pack = \$1.50 / bar	These bars are gluten free, kosher, are touted as low-glycemic and are widely available at grocery stores, convenience stores, etc. Although they claim to be sugar free, there are 12 grams of sugar alcohols.	

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ProSupps MyBar - Ice Cream Cookie Crunch	<p>7.5 This bar is right on the border of too sweet but it does have great flavor and you actually get some of that ice cream cookie flavor.</p>	<p>9 It reminds me of the MusclePharm Combat Crunch bars but with a less dense/chewy center. There are some nice little crunchy bits too (not super crunchy though).</p>	<p><i>Per 55 g bar:</i> 220 cals 20 g protein 10 g fat 17 g carbs (1 g fiber, 6 g sugar)</p>	<p>Protein Blend (Whey Protein Isolate, Whey Protein Concentrate), Vegetable Oils (Palm, Palm Kernel), Sugar, Vegetable Glycerin, Maltitol, Milk Protein Isolate, Gelatin, Sorbitol, Water, Cocoa (processed with Alkali), Rice Flour, Pea Protein Isolate, Evaporated Cane Juice, Natural Flavors, Soy Lecithin, Soybean Oil, Tapioca Starch, Whey, Mono and Diglycerides, Chocolate Liquor, Salt, Beta Carotene, Vitamin A Palmitate, Baking Soda, Potassium Sorbate, Almond, peanut and Sucralose</p>	<p><i>5 flavors:</i> Confetti Cake Crunch Ice Cream Cookie Crunch Iced Cinnamon Crunch Peanut Butter Crunch Salted Caramel Crunch</p>	<p>\$24.99 / 12 pack = \$2.08 / bar</p>	<p>I was pleasantly surprised by how much I liked these bars - they're much better than other ProSupps products in my opinion. They're a bit higher in fat than a lot of bars on the list, but definitely worth a try.</p>	<table border="1"> <caption>Macro Content for ProSupps MyBar</caption> <thead> <tr> <th>Macro</th> <th>Percentage</th> </tr> </thead> <tbody> <tr> <td>Protein</td> <td>34%</td> </tr> <tr> <td>Fat</td> <td>38%</td> </tr> <tr> <td>Carbs</td> <td>29%</td> </tr> </tbody> </table>	Macro	Percentage	Protein	34%	Fat	38%	Carbs	29%
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Dive Bar Nutrition Protein Bar - Trash Can Cookie	<p>Trash Can Cookie (9.5): This bar has a slightly peanut buttery taste in the base, plus lots of M&Ms like a monster cookie. I took off half a point because it walks a very fine line between too sweet and just sweet enough.</p> <p>Cookies 'n' Dreams (7) - the base of this bar doesn't have a ton of flavor, and the cookies and cream chunks aren't enough to overcome it.</p> <p>Peanut, But Her Chocolate Chip (9) - Lots of peanut butter flavor with a bit of chocolate. I think it's just a tad too sweet.</p> <p>Chocolate Chip Cookie Though (6) - Similar to the Cookies 'n' Dreams, the base of this bar isn't very flavorful and it doesn't have the cookie/cream chunks to help it out, just some chocolate chips.</p>	<p>7 I wasn't expecting to love the texture because at first glance, it's got that sticky, uncoated look to it. But when you bite in, it's got a soft chew that's just enough to not be weird, plus the M&Ms keep things interesting.</p>	<p><i>Per 60 g bar:</i> 240 cals 16 g protein 6 g fat 30 g carbs (7 g fiber, 9 g sugar)</p>	<p>Whey Protein, Soluble Corn Fiber, Tapioca Syrup, Brown Rice Syrup, Peanut Butter, Whole Wheat Flour, Stevia, Glucose, Semi-Sweet Chocolate, Toffee (Caramelized Molasses with Butter), Soy Lecithin, Salt, Sugar, Corn Starch, Cocoa, Dextrin, Colorings (Blue 1, Yellow 6, Red 40, Yellow 5, Blue 2), Gum Acacia, Natural Flavorings.</p>	<p><i>11 flavors:</i> All This and S'mores, Chocolate Chip Cookie Tho, Churro Cabron, Coffee Crunch, Divorce Cake, Dump Truck Brownie, Peanut Butter Chocolate Chip, Pimpin Spice Latte, Salted Caramel Pretzel, Spookies N Screanz, Trash Can Cookie</p>	<p>\$29.00 / 12 pack = \$2.42 per bar</p>	<p>Most of the bars by this brand have about 90mg of caffeine, but they do have caffeine-free options.</p>	<table border="1"> <caption>Macro Content for Dive Bar Nutrition Protein Bar</caption> <thead> <tr> <th>Macro</th> <th>Percentage</th> </tr> </thead> <tbody> <tr> <td>Protein</td> <td>27%</td> </tr> <tr> <td>Fat</td> <td>50%</td> </tr> <tr> <td>Carbs</td> <td>23%</td> </tr> </tbody> </table>	Macro	Percentage	Protein	27%	Fat	50%	Carbs	23%
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MusclePharm Combat Crunch	<p>Chocolate Cake (7.5): The chocolate is pronounced and has a bit of a caramel flavor. It's not overly sweet but it toes that line pretty closely.</p> <p>S'mores (8): A bit less chewy than the chocolate cake flavor, but still pretty chocolatey. I could detect a faint bit of marshmallow and graham cracker flavor. Overall, quite tasty.</p>	8.5 Nice and thick textured/crunch coating with a dense, chewy inside.	<p><i>Per 63 g bar:</i> 210 cals* 20 g protein 7 g fat 25 g carbs (5 g sugar, 12 g fiber)</p> <p>*Macro math gives you about 250 cals per bar.</p>	Protein Blend (Whey Protein Isolate, Milk Protein Isolate), Isomalto-Oligosaccharide (Prebiotic Fiber), Chocolate Chunks (Chocolate Liquor [Processed with Alkali], Sugar, Cocoa Butter, and Vanilla), Glycerin, Vegetable Oils (Palm, Palm Kernel Oil), Sugar, Almonds, Water, Soy Protein Isolate, Maltitol, and Cocoa (Processed with Alkali), Contains less than 2% of: Salt, Soy Lecithin, Natural Flavor, Sucralose, Vanilla, and Tapioca Starch.	<p><i>9 flavors:</i> Chocolate Cake Birthday Cake Chocolate Chip Cookie Dough Chocolate Coconut Chocolate Peanut Butter Cup Cinnamon Twist Cookies 'N Cream S'mores White Chocolate Raspberry</p>	\$26.99 / 12 pack = \$2.25 / bar	If you like a more dense, chewy bar than the previous options, this is a great bar to take a look at.	<p>● Protein ● Fat ● Carbs</p>
Quest Nutrition Hero Bar - Chocolate Caramel Pecan	8.5 A little to close to a candy bar for my preference. It's quite sweet with a little bit of that artificial sweetener aftertaste.	10 Nice layers of crunch and chewy caramel inside this bar. It's also coated in a nice chocolate layer.	<p><i>Per 60 g bar:</i> 200 cals 15 g protein 11 g fat 27 g carbs (12 g sugar, 11 g fiber, 1 g erythritol)</p>	Protein Blend (Milk Protein Isolate, Whey Protein Isolate), Soluble Corn Fiber (Prebiotic Fiber), Allulose†, Palm Kernel Oil, Pecans, Cocoa, Butter, Water, Erythritol, Natural Flavors. Contains less than 2% of the following: Sea Salt, Baking Soda, Palm Oil, Cellulose Gum, Xanthan Gum, Carrageenan, Sucralose, Sunflower Lecithin.	<p><i>3 flavors:</i> Blueberry Cobbler Chocolate Caramel Pecan Vanilla Caramel</p>	\$24.99 / 10 pack = \$2.49 / bar	Quest has made a big push for the use of <u>allulose</u> as an alternative sweetener in this bar and even say that although they're required by the FDA to list it in the sugars section of the nutrition info, it only has 1/10 of the calories of regular sugar. This explains why macro math would give you 267 cals per bar.	<p>● Protein ● Fat ● Carbs</p>
Met-RX Big 100 Colossal Protein Bar - Super Cookie Crunch	7.5 The cookies and cream flavor really comes through, although I felt like a bit of an artificial aftertaste got in the way of me enjoying it.	10 Enough textural elements to keep me really interested - it's mainly a crunchy cookie bar with a chocolate coating on the bottom and a smooth vanilla cream layer on top. I will say that upon inspecting the vanilla cream layer, it does seem pretty sticky and taffy like.	<p><i>Per 100g bar:</i> 410 cals 32 g protein 14 g fat 42 g carbs (3 g fiber, 27 g sugar, 2 g sugar alcohol)</p>	Soy Cocoa Crisps (Soy Protein Isolate, Cocoa [processed with alkali], Tapioca Starch), Vanilla Cream Topping (Corn Syrup, Milk Protein Isolate, Fractionated Palm Kernel Oil, Natural Flavors, Glycerin, Canola Oil (with Tocopherols added to protect flavor), Fractionated Palm Oil, Soy Lecithin), Corn Syrup, Chocolate Flavored Coating (Sugar, Fractionated Palm Kernel Oil, Cocoa Powder, Whey Powder, Nonfat Milk Powder, Soy Lecithin, Natural Vanilla Flavor), Milk Chocolate Drops (Sugar, Whole Milk Powder, Chocolate Liquor, Cocoa Butter, Milk Fat, Soy Lecithin, Natural Vanilla Flavor), Canola Oil (with Tocopherols added to protect flavor), Cocoa (processed with alkali), METAMYOSYN® V100 Protein Blend (Whey Protein Isolate, Milk Protein Isolate, Whey Protein Concentrate, Dried Egg White, L-Glutamine), Crystalline Fructose, Glycerin, Water, Natural Flavors, Fractionated Palm Oil, Fructooligosaccharides, Vitamin and Mineral Blend (Tricalcium Phosphate, Ascorbic Acid, d-Alpha Tocopheryl Acetate, Niacinamide, Zinc Oxide, Copper Gluconate, d-Calcium Pantothenate, Vitamin A Palmitate, Pyridoxine Hydrochloride, Riboflavin, Thiamin Mononitrate, Folic Acid, Biotin, Potassium Iodide, Cyanocobalamin), Peanut Flour, Salt, Dipotassium Phosphate, Xanthan Gum, Almond Butter, Soy Lecithin	<p><i>7 flavors:</i> Chocolate Caramel Coconut, Chocolate Chip Cookie Dough, Chocolate Toasted Almond, Crispy Apple Pie, Peanut Butter Caramel, Peanut Butter Pretzel, Super Cookie Crunch</p>	\$22.99 / 12 pack = \$1.92 / bar	<p>This is one of those huge bro-ey bars that I talked about in the intro to this post...it's a monstrosity at 100 grams and 410 cals, but to be fair, it does advertise itself as a meal replacement bar. It also has a macro mix of a meal as opposed to a typical protein supplement/snack.</p> <p>This colossal bar also a colossal ingredients list to match and is partially produced with genetic engineering.</p>	<p>● Protein ● Fat ● Carbs</p>

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<u>BSN Syntha-6 Protein Crisp Protein Bar - Chocolate Crunch</u>	8 There's a good milk chocolate flavor in this bar that reminds me of Cocoa Crispies. I thought there was a little bit of a weird aftertaste though.	8 This is an all crispy bar with a chocolate coating on the bottom and chocolate drizzle on top. Fortunately, it's not overly dry even with nothing-but-crisps.	<i>Per 57 g bar:</i> 230 cals 20 g protein 7 g fat 23 g carbs (2 g sugar, 6 g sugar alcohol)	Dairy Protein Blend (Whey Protein Isolate, Whey Protein Concentrate, Milk Protein Concentrate), Isomalto-oligosaccharide, Soy Protein Isolate, Unsweetened Chocolate, Vegetable Oil (Palm Kernel and Palm Oil, Shea Oil), Polydextrose, Glycerin, Tapioca Starch, Maltitol Syrup, Water, Natural And Artificial Flavor, Low Fat Cocoa Powder, Cocoa Powder (Processed With Alkali), Calcium Carbonate, Dried Egg White, Almonds, Salt, Soy Lecithin, Agar, Sucralose, Tocopherols, Sunflower Lecithin	Chocolate Crunch, Mint Mint Chocolate Chip, Mocha Latte, Peanut Butter Crunch, S'mores, Salted Toffee Pretzel, Strawberry Crunch, Vanilla Marshmallow	\$19.99 / 12 pack = \$1.67 / bar	Pretty solid taste for a bro bar, but I don't love the ingredients list.	<p>Protein 34% Fat 27% Carbs 38%</p>
<u>Sin Fit Crunch Bar - Chocolate Crunch</u>	7.5 This bar borders on too sweet but it's got a really tasty milk chocolate flavor. I wish the flavor was a little more dynamic though - it's a bit too much chocolate at once.	9 This is a nice thick bar with a good chocolate coating that's filled with little crunchy bits. All that surrounds a soft, chewy center that's easy to eat.	<i>Per 83 g bar:</i> 350 cals 30 g protein 16 g fat 28 g carbs (1 g fiber, 8 g sugar, includes 7 g added sugar)	Protein Blend (Whey Protein Concentrate, Whey Protein Isolate), Vegetable Oils (Palm, Palm Kernel, Soybean), Soy Protein Isolate, Vegetable Glycerin, Sugar, Gelatin, Maltitol, Sorbitol, Cocoa (processed with alkali), Corn Syrup, Water, Sunflower Oil, Natural Flavors, Salt, Sunflower Lecithin, Maltodextrin, Propylene Glycol Mono Esters, Sodium Casseinate, Potassium Sorbate, Baking Soda, Soy Lecithin, Mono and Diglycerides, Acetylated monoglycerides, Whey, Beta-Carotene, Vitamin A Palmitate, Sucralose, Natural Tocopherols, Silicon Dioxide, Almond and Peanut	3 flavors: Caramel Crunch Chocolate Crunch Peanut Butter Crunch	\$31.00 / 12 pack = \$2.58 / bar	These bars sell on the company's website for \$39.48 per 12 pack box, but you can find some of the flavors on Amazon for cheaper. Although this is overall a pretty tasty bar, I didn't enjoy how big/heavy it was and the ingredients aren't friendly to my gut.	<p>Protein 32% Fat 38% Carbs 30%</p>
<u>Alani Nu Fit Snacks Protein Bar</u>	Chocolate Cake (7.5): There's a pretty good milk chocolate flavor to this bar, with a hint of caramel. It reminded me a lot of the Muscle Pharm Combat Crunch Chocolate Cake flavor. It borders on just barely on the line of too sweet. Confetti Cake (8): If you're into birthday cake or funfetti flavors, this one is solid. It's a little too sweet for me personally, but I could see how others like it a lot.	8 This bar has a lot of fun little crunchy bits inside the chocolate coating, but I thought it was a little tough to bite into.	<i>Per 46 g bar:</i> 170 cals 16 g protein 6 g fat 17 g carbs (5 g fiber, 5 g sugar, incl. 1 g added sugar)	Protein Blend (Chocolate Whey Crisps [Whey Protein Isolate, Whey Protein Concentrate, Tapioca Starch, Cocoa [processed with alkali], Calcium Carbonate, Sunflower Lecithin], Whey Protein Concentrate, Whey Protein Isolate,) Soy Protein Isolate, Corn Fiber, Palm Kernel Oil, Sugar, Cocoa Powder (processed with alkali), Corn Syrup, Maltitol, Glycerin, Tapioca Starch, Rice Flour, Almonds, Chicory Root Fiber, Almond Butter, Water, Natural Flavor, Salt, Sucralose, Sunflower Lecithin, Palm Oil, Chocolate Liquor, Potassium Sorbate, Soy Lecithin, Baking Soda, Natural Flavors and Peanut.	5 flavors: Blueberry Muffin, Chocolate Cake, Confetti Cake, Fruity Cereal, Peanut Butter Crisp	\$29.99 / 12 pack = \$2.49 / bar	Nutrition and ingredients listed are for the Chocolate Cake flavor. These bars are gluten free. I found these at my local HEB grocery store.	<p>Protein 34% Fat 29% Carbs 37%</p>

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	Taste	Texture	Nutrition	Ingredients	Flavors	Value	Notes	Macro Content (% of total calories)
PowerCrunch Protein Energy Bar - Triple Chocolate	7.5 I thought the flavor of this bar was kind of like chocolate combined with an odd taste. Either way, the chocolate flavor was not very rich.	9 I like the texture of these bars - they have layers of sticky stuff in between layers of light as air wafers, all surrounded by a nice chocolate coating.	<i>Per 40 g bar:</i> 205 cal 13 g protein 13 g fat 10 g carbs (1 g fiber, 5 g sugar)	Proto Whey Protein Blend (Proto Whey [Micro Peptides from Extreme Hydrolyzed Whey Protein [40% Di and Tripeptides), Maltodextrin], Whey Protein Isolate, Milk Protein Isolate), Palm Oil, Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Sugar, Palm Kernel Oil, Cocoa Processed with Alkali, Fructose, Soy Lecithin, Caramel Color, Natural Flavors, Salt, Baking Soda, Stevia Leaf Extract	<i>10 flavors:</i> Chocolate Mint Cookies and Cream French Vanilla Creme Mocha Creme Peanut Butter Creme Peanut Butter Fudge Red Velvet Salted Caramel Triple Chocolate Wild Berry Creme	\$19.99 / 12 pack = \$1.67 / bar	People rave about these bars but I just don't get it. Aside from the taste not being as great as I expected, the macros aren't great either - they're very low carb but have just as much fat as protein.	
Muscle Milk Protein Bar - Chocolate Peanut Butter	8.5 Good chocolate and peanut butter flavor, though it has an extra sweet aftertaste.	8 At first glance, this bar looks like it's going to be soft and one-noted inside the candy coating. Instead, it's got some crunch and chocolate chips in there.	<i>Per 64 g bar:</i> 250 cal 20 g protein 9 g fat 27 g carbs (9 g fiber, 2 g sugar, 14 g sugar alcohol)	Milk Derived Protein Blend (Milk Protein Isolate, Whey Protein Isolate, Sodium Caseinate), Soluble Vegetable Fiber, Glycerin, Maltitol, Maltitol Syrup, Water, Fractionated Palm Kernel Oil, Peanut Butter (Peanuts), Polydextrose, Pea Protein Concentrate, Peanuts, Sunflower Oil, Natural Flavors, Cocoa, Nonfat Milk, Rice Starch, Unsweetened Chocolate, Sugar, Salt, Sunflower Lecithin, Soy Lecithin, Partially Defatted Peanut Flour, Sucralose, Dextrose, Caramel Coloring, Tocopherols (To Protect Flavor).	<i>10 flavors:</i> Almond Cookie Birthday Cake Blueberry Waffle Cone Chocolate Peanut Butter Cookies & Cream Double Fudge Brownie Double Rocky Road Lemon Bliss Peanut Butter Cookie Salted Caramel	\$23.99 / 12 pack = \$2.00 / bar	This is a pretty common bro bar to find at gas stations and grocery stores, complete with all the questionable ingredients.	
think! Protein+ 150 Calorie Bar - S'mores	8 You can tell they were going for the s'mores flavor here... I get the graham, marshmallow, and a touch of chocolate but it's overly sweet for my taste.	8.5 A little on the softer side, but it still has a bit of crunch on the inside for some textural interest. The chocolate coating on the outside is quite thin.	<i>Per 40 g bar:</i> 150 cal 10 g protein 5 g fat 20 g carbs (5 g fiber, 5 g sugar, includes 4 g added sugar)	Protein Blend (Soy Protein Isolate, Whey Protein Isolate, Calcium Caseinate), Brown Rice Syrup, Chicory Root Fiber, Vegetable Glycerin, Sugar, Almond Butter, Palm Kernel and Palm Oil, Sunflower Oil, Nonfat Dry Milk, Alkalized Cocoa, Natural Flavor, Tapioca Starch, Lecithin, Salt, Unsweetened Chocolate.	<i>7 flavors:</i> Chocolate Almond Brownie, Chunky Chocolate Peanut, Cupcake Batter, Honey Drizzle Peanut, Pumpkin Spice, S'mores, Salted Caramel	\$9.98 / 10 pack = \$0.98 per bar	This bar is smaller than most of the bars on this list at only 40 grams vs the typical 50-60 gram size.	
Protein Bonk Breaker Nutrition+ Bar - Cookies & Cream	8 This bar has great cookies and cream flavor, though it borders on too sweet.	8 An interesting little bar...it's not coated, but has a great bite and lots of little crunchy cookie bits (complete with the creamy cream part) to keep things interesting.	<i>Per 62 g bar:</i> 250 cal 13 g protein 9 g fat 34 g carbs (4 g fiber, 17 g sugar)	Cashews, brown rice syrup, rice protein isolate, gluten free oats, cookie pieces [sugar, alkalized cocoa, corn flour, corn starch, canola oil, glycerin, salt, natural flavor], white chocolate chips (sugar, cocoa butter, whole milk, nonfat milk, soy lecithin, natural flavor), honey, chicory fiber, natural flavors, flaxseeds, sea salt	<i>3 flavors:</i> Almond Cherry Chunk, Cookies & Cream, Peanut Butter & Jelly	\$24.25 / 12 pack = \$2.02 / bar	Found this one at a little local nutrition store, but of course you can find it on Amazon!	
OhYeah! Nutrition ONE Bar - Chocolate Chip Cookie Dough	7.5 A little on the sweet side for me but a nice cookie dough flavor overall.	7 Nice and soft with a good chocolate coating, although the inside of the bar is all the same texture - no crunch or chocolate chips that I noticed.	<i>Per 60 g bar:</i> 210 cal* 21 g protein 8 g fat 24 g carbs (1 g sugar, 10 g fiber) *Macro math gives you about 250 cal per bar.	Protein Blend (OhYeah!® Blend Consisting of Whey Protein Isolate, Milk Protein Isolate), Isomalto-Oligosaccharides (Prebiotic Fiber), Maltitol, Glycerine, Sunflower Seed Butter, Palm Kernel Oil, Cocoa Powder (Processed with Alkali), Natural Flavors, Soy Lecithin (an Emulsifier), Cocoa Butter, Salt, and Sucralose.	<i>12 flavors:</i> Almond Bliss Birthday Cake Blueberry Cobbler Chocolate Brownie Chocolate Chip Cookie Dough Cookies & Cream Lemon Cake Maple Glazed Donut Mint Chocolate Chip Peanut Butter Pie Salted Caramel White Chocolate Raspberry	\$26.99 / 12 pack = \$2.25 / bar	These bars are gluten free. <i>Bonus Flavor Review:</i> I also tried out the Birthday Cake flavor of these bars - they're still quite sweet but yummy. They have a nice white coating with sprinkles embedded on top. The inside isn't overly dense or chewy and actually has a similar flavor to the Optimum Nutrition Cake Bites that I tried (see #11 below).	

Quest for the Best - Protein Bar

	Taste	Texture	Nutrition	Ingredients	Flavors	Value	Notes	Macro Content (% of total calories)
Fit Crunch - Chocolate Chip Cookie Dough	8 This is a seriously sweet bar but you do get the cookie dough taste.	9 There are some really great layers to this bar but the outer chocolate coating melts the second you touch it. It's also a bit chewy.	<i>Per 88 g bar:</i> 380 cals 30 g protein 16 g fat 27 g carbs (2 g fiber, 6 g sugar, 16 g sugar alcohols)	Proprietary FortiFX™ Protein Blend (Whey Protein Isolate, Whey Protein Concentrate), Soy Protein Isolate, Maltitol, Vegetable Glycerin, Vegetable Oils (Palm and Palm Kernel), Sorbitol, Cocoa (processed with alkali), Palm Oil, Gelatin, Corn Syrup, Sugar, and Water., CONTAINS 2% OR LESS OF THE FOLLOWING: Cocoa Butter, Brown Rice Flour, Sunflower Oil, Soy Lecithin, Natural Flavors, Salt, Soybean Oil, Baking Soda, Maltodextrin, Sodium Caseinate, Propylene Glycol Monoesters, Whey, Beta-Carotene, Vitamin A Palmitate, Natural Tocopherols, Peanuts, Almonds, and Silicon Dioxide.	<i>4 flavors:</i> Birthday Cake Chocolate Chip Cookie Dough Cookies and Cream Peanut Butter	\$32.88 / 12 pack = \$2.74 / bar	This bar is huge compared to the others listed here! I didn't plan to review it because of that but everyone keeps raving about them so I caved. It has an ingredients list to match it's size, including some not so friendly ingredients. Even though it's tasty and has good macro content, I wouldn't buy it again.	
Luna Protein Bar - Chocolate Chip Cookie Dough	7.5 This one is also a little on the sweet side for me but the cookie dough flavor is there.	7.5 Nice chocolate coating on the outside and the chewy center has little crunchy chunks to break up the monotony of texture. I thought it was on the side of a little too chewy for me.	<i>Per 45 g bar:</i> 180 cals 12 g protein 6 g fat 21 g carbs (2 g fiber, 14 g sugar)	Soy Protein Isolate, Organic Cane Syrup, Organic Dried Cane Syrup, Palm Kernel Oil, Vegetable Glycerin, Inulin (Chicory Extract), Cocoa, Dried Cane Syrup, Macadamia Nut Butter, Natural Flavors, Whey Protein Concentrate, Unsweetened Chocolate, Organic Rice Flour, Salt, Soy Lecithin, Cocoa Butter, Organic Alkalized Cocoa, Organic Vanilla Extract, Vanilla Extract. VITAMINS & MINERALS: Calcium Carbonate, Ascorbic Acid (Vit. C), Tocopheryl Acetate (Vit. E), Ferric Orthophosphate (Iron), Beta Carotene (Vit. A), Niacinamide (Vit. B3), Folic Acid (Vit. B9), Cyanocobalamin (Vit. B12), Ergocalciferol (Vit. D2), Thiamine Mononitrate (Vit. B1), Riboflavin (Vit. B2), Pyridoxine Hydrochloride (Vit. B6)	<i>4 flavors:</i> Berry Greek Yogurt, Chocolate Chip Cookie Dough, Chocolate Peanut Butter, Chocolate Salted Caramel, Chocolate Walnut Fudge, Mint Chocolate Chip	\$11.38 / 12 pack = \$0.95	I debated putting this bar in the natural protein bar category , but since it only hits the Gluten Free category, I stuck it here.	
Grenade Carb Killa Brownie - Fudge Brownie	7 The chocolate flavor here comes through really well, though it's more of a dark chocolate. The bar is a little too sweet for me.	8.5 Nice, 3-layer bar with thick chocolate coating beneath a brownie layer. It's topped off with a thick, fudgy icing. I wasn't a fan of the walnuts throughout.	<i>Per 60 g bar:</i> 220 cals 15 g protein 11 g fat 27 g carbs (7 g fiber, 2 g sugar, includes 2 g added sugar, 14 g sugar alcohol)	Chocolate Flavored Coating (Maltitol, Cocoa Butter, Unsweetened Chocolate Processed with Alkali, Calcium Carbonate, Milk Fat, Calcium Caseinate, Soy Lecithin, Natural Vanilla Extract, Whole Milk Powder), Protein Blend (Whey Protein Isolate, Milk Protein Isolate, Calcium Caseinate), Polydextrose, Hydrolyzed Gelatin, Vegetable Glycerin, Cocoa Powder Processed with Alkali, Palm and Palm Kernel Oils, Walnuts, Chocolate Chunks (Sugar, Chocolate Liquor, Cocoa Butter, Soy Lecithin, and Vanilla), Water, Maltitol, Sunflower Oil, Natural and Artificial Flavor, Soy Lecithin, Salt, Sucralose	<i>1 flavor:</i> Fudge Brownie	\$26.50 / 12 pack = \$2.21 per bar	There's a warning on the back of the bar that reads: "CARB KILLA BROWNIE should be consumed as part of a balanced diet. Product contains more than 10g/100g polyols: excessive consumption may cause laxative effects." So there's that...	
Olly Protein Bar - Peanut Butter Chocolate	8 Good chocolate flavor with just a hint of peanut butter. This one loses points for a little bit of an artificial taste	6.5 Although this isn't marketed as a protein cookie, it looks like one so I'm going to rate it like one. It's a bit dense and has a lot of different textures inside with a peanut butter coating on the bottom and drizzle on top. I liked the chocolate drops and the chewy oats inside.	<i>Per 60 g cookie:</i> 240 cals 15 g protein 8 g fat 27 g carbs (7 g fiber, 9 g sugar)	Pea Protien, Peanut Butter Flavored Coating(sugar, palm kernel oil,partially defated peanut flour, nonfat dry milk, peanut oil, soy lecithin, salt), Soluble Tapioca Fiber, Soy Protien Crisps(soy protein isolate, cocoa[processed with alkali], tapioca starch), whole Grain Rolled Oats, Vegetable Glycerin, Chocolate Drops(sugar, chocolate liquor, cocoa butter, soy lecitin[emilifier], vanilla extract), Tapioca Syrup, Peanuts, Peanut Butter, Natural Flavors Water Cocoa(Processed with Alkali), Coconut Oil, DAtes, Quinoa, Chia Seeds, Flax Seed, Sea Salt, Almonds, Monk, Fruit Extract, Coconut	<i>4 flavors:</i> Chocolate Coconut Chip, Peanut Butter Chocolate, Salted Caramel Chocolate, Zesty Lemon Creme	\$15.98 / 8 bars = \$2.00 per bar	This one is actually marketed and packaged as a protein bar even though it's in a round, cookie-like shape, so I decided to include it on this list. It uses plant-based protein, is gluten free, non-GMO, and has no artificial sweeteners. You can also find these in a 4-pack at Target.	

Quest for the Best - Protein Bar

	Taste	Texture	Nutrition	Ingredients	Flavors	Value	Notes	Macro Content (% of total calories)								
<u>Lenny & Larry's Muscle Brownie - Cookies & Cream</u>	7.5 There's a decent chocolate flavor here but it's on the sweet side for me and has a bit of an artificial aftertaste.	6.5 I thought these were too chewy and dry to be passed off as a brownie.	<i>Per 65g brownie:</i> 170 cals 20 g protein 10 g fat 25 g carbs (5 g fiber, 9 g sugar)	Protein Blend (Whey Concentrate, Soy Isolate, Wheat Isolate), Natural Brown Sugar, Non-Hydrogenated Margarine(Palm Oil, Water, Salt, Whey, Vegetable Monoglycerides, Soy Lecithin, Natural Butter Flavor, Citric Acid [Adiculant], Beta Carotene [Color], Vitamin A Palmitate), Corn Syrup, Chocolate Chips (Semisweet Chocolate [Sugar, Chocolate Liquor, Cocoa Butter, Dextrose] with added Lecithin Emulsifier), Vegetable Glycerin, Milk Chocolate Coating (Sugar, Fractionated Palm Kernel Oil, Non Fat Milk Powder, Milk Powder, Cocoa Powder, Sorbitan Tristearate, Soy Lecithin [an Emulsifier] and Vanilla), Cocoa Processed with Alkali, Egg, Natural Flavors, Caparve (Cultured Dextrose, Flour and/or Corn Starch), Baking Soda, Salt, Konjac Flour, Guar Gum.	<i>3 flavors:</i> Cookies n' Cream Peanut Butter Triple Chocolate	\$24.99 / 12 pack = \$2.08 / brownie	I decided to include this "muscle brownie" along with the protein bars. It's not exactly the same category, but it's close enough to compare.	<table border="1"> <caption>Macro Content (% of total calories)</caption> <tr><th>Macro</th><th>Percentage</th></tr> <tr><td>Protein</td><td>37%</td></tr> <tr><td>Fat</td><td>30%</td></tr> <tr><td>Carbs</td><td>33%</td></tr> </table>	Macro	Percentage	Protein	37%	Fat	30%	Carbs	33%
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<u>FitJoy Bars – Chocolate Iced Brownie</u>	7 Really chocolatey, but also a little too sweet.	7 Nice textured chocolate coating with some pecan pieces visible on top. The inside is a little chewy and the little chocolate pieces scattered throughout the bar are hard to detect.	<i>Per 60 g bar:</i> 230 cals 20 g protein 8 g fat 25 g carbs (5 g sugar, 12 g fiber)	Dairy Protein Blend [Whey Protein Isolate, Milk Protein Isolate, Whey Protein Cocoa Crisp (Whey Protein Isolate, Whey Protein Concentrate, Tapioca Starch, Cocoa (processed with alkali), Calcium Carbonate, Sunflower Lecithin)], Chocolate Flavored Coating [Sugar, Palm Kernel Oil, Inulin, Milk, Cocoa (processed with alkali), Soy Lecithin, Natural Flavor], Isomalto-Oligosaccharides, Vegetable Glycerin, Water, Natural Flavor, Pecans, Unsweetened Chocolate, High Oleic Sunflower Oil (with tocopherols to protect flavor), Cocoa (processed with alkali), Chicory Root Fiber, Cocoa Butter, Sugar, Erythritol, Sea Salt, Fractionated Palm Kernel Oil, Sunflower Lecithin, Dextrose, Stevia, Soy Lecithin	<i>10 flavors:</i> Birthday Cake Batter Chocolate Chip Cookie Dough Chocolate Iced Brownie Chocolate Peanut Butter Cookies and Cream French Vanilla Almond Frosted Cinnamon Roll Homemade Pumpkin Pie Mint Chocolate Chip Raspberry Chocolate Truffle	\$27.99 / 12 pack = \$2.33 / bar	The packaging says this bar is non-GMO, gluten free, and contains no artificial colors, flavors or sweeteners. <i>Bonus Flavor Review:</i> I also tried the Birthday Cake Batter flavor of this bar... it's coated in a white confetti like coating that's reminiscent of white chocolate and the inside does have a cake batter flavor. I was expecting more of a birthday cake flavor but this one does taste like the raw batter and is quite sweet. Overall not bad.	<table border="1"> <caption>Macro Content (% of total calories)</caption> <tr><th>Macro</th><th>Percentage</th></tr> <tr><td>Protein</td><td>40%</td></tr> <tr><td>Fat</td><td>32%</td></tr> <tr><td>Carbs</td><td>29%</td></tr> </table>	Macro	Percentage	Protein	40%	Fat	32%	Carbs	29%
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Quest for the Best - Protein Bar

	Taste	Texture	Nutrition	Ingredients	Flavors	Value	Notes	Macro Content (% of total calories)								
Quest Nutrition Quest Bars	<p>Birthday Cake: 8.5 Solid birthday cake flavor, though it's a little on the sweet side. I did like that this flavor included a coating.</p> <p>Blueberry Muffin: 7.5 Decent blueberry flavor when you get a chunk of it. I like that there are white chocolate chunks and muffin (?) chunks, but I don't love the base bar flavor. A little too sweet.</p> <p>Chocolate Brownie: 6 I've had this flavor before and it used to taste chocolatey, but they must have changed their formula and now it tastes a little cardboard-y. Maybe it's because I'm tasting it next to some really sweet bars?</p>	<p>6 Most Quest bars don't have a coating and some flavors don't have much in the way of texture differences to keep me interested. They can be a bit dense and are often chewy.</p>	<p><i>Per 60 g bar:</i> 170 cals* 20 g protein 7 g fat 22 g carbs (1 g sugar, 15 g fiber)</p> <p>*Macro math will give you about 230 cals per bar.</p>	<p>Protein Blend (Milk Protein Isolate, Whey Protein Isolate), Soluble Corn Fiber (Prebiotic Fiber), Almonds, Cocoa (Processed with Alkali), Water, Natural Flavors, Palm Oil, Sea Salt, Calcium Carbonate, Sucralose, Steviol Glycosides (Stevia).</p>	<p><i>20 flavors:</i> Birthday Cake Blueberry Muffin Chocolate Brownie Chocolate Chip Cookie Dough Chocolate Hazelnut Chocolate Peanut Butter Chocolate Sprinkled Doughnut Cookies and Cream Maple Waffle Protein Mint Chocolate Chunk Mocha Chocolate Chip Oatmeal Chocolate Chip Peanut Butter Brownie Smash Peppermint Bark Pumpkin Spice Rocky Road S'Mores Strawberry Cheesecake Vanilla Almond Crunch White Chocolate Raspberry</p>	<p>\$24.29 / 12 pack = \$2.02 / bar</p>	<p>Quest has a huge flavor variety and in my experience, the texture varies from flavor to flavor and has evolved over the last several years – some of their bars can be sticky and some of them can be a little dry and crumbly.</p> <p>The nutrition info and ingredients listed are for the Chocolate Brownie flavor.</p>	<table border="1"> <tr><th>Macro</th><th>Percentage</th></tr> <tr><td>Protein</td><td>35%</td></tr> <tr><td>Fat</td><td>27%</td></tr> <tr><td>Carbs</td><td>38%</td></tr> </table>	Macro	Percentage	Protein	35%	Fat	27%	Carbs	38%
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Truth Bar Prebiotic + Probiotic - Chocolate Toasted Marshmallow	<p>7 I found this bar to be too sweet and didn't get much in the way of marshmallow or toasty flavor.</p>	<p>7.5 Although this bar doesn't have a lot of texture going on inside, it does have a good balance of softness and chewiness without being too much of either. The chocolate coating on the outside is nice and thick.</p>	<p><i>Per 50 g bar:</i> 190 cals 10 g protein 11 g fat 23 g carbs (12 g fiber, 2 g sugar, incl. 0 g added sugar, 4 g sugar alcohol)</p>	<p>Prebiotic Dietary Tapioca Fiber, Whey Protein Concentrate, Unsweetened Chocolate, Coconut Oil, Chicory Root Fiber, Vegetable Glycerine, Erythritol, Cocoa Butter, Chia Seeds, Natural Flavors, Sunflower Lecithin, Sea Salt, Purified Stevia Extract, Probiotics (Bacillus Coagulans).</p>	<p><i>7 flavors:</i> Chocolate Almond Crunch, Chocolate Chip Cookie Dough, Chocolate Peanut Butter Crunch, Chocolate Raspberry Coconut, Chocolate Toasted Marshmallow, Dark Chocolate Coconut, Mint Chocolate Chip</p>	<p>\$29.97 / 12 pack = \$2.49 per bar</p>	<p>With tapioca fiber as the first ingredient in this bar, there's no way I could eat a whole one without having serious stomach issues.</p>	<table border="1"> <tr><th>Macro</th><th>Percentage</th></tr> <tr><td>Protein</td><td>17%</td></tr> <tr><td>Fat</td><td>43%</td></tr> <tr><td>Carbs</td><td>40%</td></tr> </table>	Macro	Percentage	Protein	17%	Fat	43%	Carbs	40%
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MuscleTech Mission1 Clean Protein Bar - Chocolate Brownie	<p>8 The chocolate flavor is good and fudgy without the cloying sweetness of some of the other bars.</p>	<p>5 There's no chocolate coating on this bar, which makes it kind of sticky and dense to chew. It has some little chocolate chunks stuck to the top of the bar though.</p>	<p><i>Per 60 g bar:</i> 190 cals 20 g protein 6 g fat 24 g carbs (1 g sugar, 20 g fiber)</p>	<p>Protein Blend (Milk Protein Isolate, Whey Protein Isolate), Isomalto-Oligosaccharides, Ground Almonds, Water, Cocoa (Processed With Alkali), Natural Flavor, Soluble Corn Fiber, Rice Flour, Palm Oil, Erythritol, Sea Salt, Unsweetened Chocolate, Rebaudioside A (Stevia), Soy Lecithin, Tocopherols (Preservative), Soybean Oil</p>	<p><i>4 flavors:</i> Chocolate Brownie Chocolate Chip Cookie Dough Chocolate Peanut Butter Cookies 'n Cream</p>	<p>\$22.99 / 12 pack = \$1.92 / bar</p>	<p>They call this bar clean because it's sweetened with Stevia and sugar alcohols, but be careful if you get a different flavor – some of them have sucralose.</p>	<table border="1"> <tr><th>Macro</th><th>Percentage</th></tr> <tr><td>Protein</td><td>35%</td></tr> <tr><td>Fat</td><td>23%</td></tr> <tr><td>Carbs</td><td>42%</td></tr> </table>	Macro	Percentage	Protein	35%	Fat	23%	Carbs	42%
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MusclePharm Crisp - Chocolate	<p>6 Not a lot of flavor with this bar, though there is definitely a lot of sweetness.</p>	<p>7 Kind of crumbly with little crispy puffs throughout. A light drizzle of chocolate on top and a bottom dipped in chocolate are this bar's most redeeming qualities.</p>	<p><i>Per 45 g bar:</i> 170 cals 16 g protein 5 g fat 17 g carbs (4 g fiber, 6 g sugar, incl. 5 g added sugar, 1 g sugar alcohol)</p>	<p>Protein Blend (Whey Protein Isolate, Soy Protein Isolate, Whey Protein Concentrate), Dextrose Syrup, Sugar, Vegetable Oils (Palm, Palm Kernell), Vegetable Glycerin, Maltitol, Rice Flour, Gluten-Rolled Oats, Almonds, Chicory Root Fiber, Rice Flour, Cocoa (Processed with Alkali), Natural Flavor, Tapioca Starch, Corn Cereal, Salt, Calcium Carbonate, Sunflower Lecithin, Potassium Sorbate, Tricalcium Phosphate, Soy Lecithin, Peanuts, Sucralose</p>	<p><i>3 flavors:</i> Chocolate Marshmallow Peanut Butter</p>	<p>\$27.99 / 12 pack = \$2.33 / bar</p>		<table border="1"> <tr><th>Macro</th><th>Percentage</th></tr> <tr><td>Protein</td><td>36%</td></tr> <tr><td>Fat</td><td>25%</td></tr> <tr><td>Carbs</td><td>38%</td></tr> </table>	Macro	Percentage	Protein	36%	Fat	25%	Carbs	38%
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Quest for the Best - Protein Bar

	Taste	Texture	Nutrition	Ingredients	Flavors	Value	Notes	Macro Content (% of total calories)								
Built Bars	<p>Candy Cane Brownie (9): Great flavor, tastes like you would expect with not too much peppermint. Just wish the texture was better!</p> <p>Caramel Apple (3): Overwhelmingly fake flavor, though I do get the caramel and apple.</p> <p>Coconut (7): If you're a coconut lover, you'll probably like this one. The flavor is excessive enough to tell it's mostly fake, but I can definitely make out coconut flakes in the texture.</p> <p>Cookies 'n Cream (7): This flavor isn't bad - not too sweet or fake tasting, but I didn't really get the cookies 'n cream vibe.</p> <p>German Chocolate Cake (6): A little bit of coconut flavor and definite chocolate flavor, but also a lot of fake tasting sweetness.</p> <p>Maple Pecan (7): Really strong maple flavor that overwhelms the chocolate coating, though I wish there was some texture from the pecans.</p> <p>Mint Brownie (8): Good amount of chocolate and mint flavors, along the lines of an Andes chocolate.</p>	<p>4 There's a nice chocolate coating on the outside and they're soft to bite into, but the inside really has no textural interest. It's just a sticky blob throughout that gets horribly stuck in my teeth.</p>	<p><i>Per 49 g bar:</i> 130 cals 17 g protein 2.5 g fat 18 g carbs (6 g fiber, 4 g sugar, incl. 4 g added sugar, 8 g sugar alcohol)</p>	<p>Protein mix (whey protein isolate[milk], partially hydrolyzed whey protein isolate[milk]), gelatin, dark chocolate (chocolate liquor, sugar, cocoa butter, lecithin, vanillin [a natural flavor]), water, cocoa, erythritol, glycerin, maltodextrin, natural flavor, citric acid.</p>	<p><i>Nut free (9):</i> Caramel Brownie, Cherry Barcia, Coconut, Cookies 'n Cream, Double Chocolate, Mint Brownie, Orange, Raspberry, Salted Caramel</p> <p><i>With nuts (9):</i> Apple Almond Crisp, Banana Nut Bread, Carrot Cake with Walnuts, Coconut Almond, German Chocolate Cake, Lemon Almond Cheesecake, Peanut Butter, Peanut Butter Brownie, Toffee Almond</p>	<p>\$37.80 / 18 pack = \$2.10 / bar</p>	<p>There's a ton of hype about these bars on social media, so I had to give them a try. The verdict? They're way overhyped and just because your friend has a discount code for them doesn't mean they're actually good... there are much better bars on the market. I definitely wouldn't buy these again.</p> <p>The nutrition and ingredients listed are for the Double Chocolate Mousse flavor.</p> <p>I included reviews of some limited release flavors here in addition to their standard 18 flavors.</p>	 <p>● Protein ● Fat ● Carbs</p> <table border="1"> <caption>Macro Content (% of total calories)</caption> <thead> <tr> <th>Macro</th> <th>Percentage</th> </tr> </thead> <tbody> <tr> <td>Protein</td> <td>42%</td> </tr> <tr> <td>Fat</td> <td>14%</td> </tr> <tr> <td>Carbs</td> <td>44%</td> </tr> </tbody> </table>	Macro	Percentage	Protein	42%	Fat	14%	Carbs	44%
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Quest for the Best - Protein Bar

	Taste	Texture	Nutrition	Ingredients	Flavors	Value	Notes	Macro Content (% of total calories)
<u>Dymatize Elite Protein Bar – Chocolate Chip Cookie Dough</u>	6 You can kinda-sorta taste the cookie dough flavor but honestly, it's a little hard to detect through the sweetness.	7 On the outside, this bar has a similar look as the Oh Yeah! ONE bars...a nice chocolate coating. On the inside, the Dymatize bars were even softer (too soft I thought), but they did have some good chocolate chips in there.	<i>Per 70 g bar:</i> 260 cals 25 g protein 8 g fat 26 g carbs (7 g sugar, 8 g fiber)	Elite Protein Blend (Whey Protein Concentrate, Calcium Caseinate, Whey Protein Hydrolysate, Whey Protein Isolate), Chocolate Coating (Inulin, Sugar, Palm Kernel Oil, Cocoa Powder [processed with alkali], Soy Lecithin, Vanilla, Whole Milk Powder, Salt), Glycerin, Chocolate Chips (Sugar, Unsweetened Chocolate, Chocolate Liquor, Cocoa Butter, Soy Lecithin, Vanilla), Isomalto-Oligosaccharide (prebiotic soluble fiber), Soy Protein Isolate, Water, Hydrolyzed Beef Gelatin, contains 2% or less of the following: Natural Flavors, Steviol Glycosides (stevia), Cocoa Butter, Calcium Carbonate, Soy Lecithin, Salt, Brown Sugar	5 flavors: Chocolate Chip Cookie Dough Chocolate Peanut Butter Coconut Creme Peanut Butter Vanilla Cupcake	\$24.84 / 12 pack = \$2.07 / bar	These bars boast that they also include 4.5 grams of BCAAs per bar, which help muscles recover and grow, plus they're gluten free.	
<u>Her Whey Lean Protein Bar - Cookie Dough</u>	6 The cookie dough flavor is maybe there? The bar is really sweet and has an odd taste to it.	6.5 This one has a very similar texture to the Dymatize Elite bars but without the chocolate chunks inside. It's just all really soft and chewy, which I don't like.	<i>Per 57 g bar:</i> 190 cals 20 g protein 5 g fat 23 g carbs (6 g fiber, 6 g sugar, 5 g sugar alcohol)	Protein blend (whey concentrate, whey hydrolysate, whey isolate), vegetable glycerin, milk protein isolate, chicory root fiber, vegetable oils (palm, palm kernel), maltitol, water, sorbitol, sugar, coconut oil, par protein isolate, almonds, cocoa, salt, natural flavors, steviol glycosides, potassium sorbate, soy lecithin, peanut, sucralose	2 flavors: Cookie Dough Maple Cinnamon Roll	\$24.99 / 12 pack = \$2.08 / bar	This is a gluten free bar. Of note though, a single bar has 600 mg of sodium!!! Maybe that's part of the reason why it tastes weird. Ladies, remember, just because the bar is marketed to women, doesn't mean you should buy it!	
<u>One Basix Protein Bar - Cookie Dough Chocolate Chunk</u>	6 I can make out a little bit of a cookie dough flavor if I really think about it, but I found this bar almost a little bitter. I do think there's a bit of peanut butter flavor in there too, despite it not showing up in the ingredients list.	6.5 As far as uncoated bars go, this one has good texture that isn't sticky or overly chewy. It has nice big chocolate chunks as well as some unknown white chunks.	<i>Per 60g bar:</i> 210 cals 20 g protein 8 g fat 24 g carbs (9 g fiber, 1 g sugar, 0 g added sugar, 0 g sugar alcohol)	Protein Blend (Milk Protein Isolate, Whey Protein Isolate), Isomalto-Oligosaccharides (Prebiotic Fiber from Vegetable Source), Soluble Vegetable Fiber, Cacao, Vegetable Glycerin, Cocoa Butter, Sunflower Seed Butter, Natural Flavors, Nonfat Dry Milk, Sunflower Lecithin (an emulsifier), Tapioca Starch, Sea Salt, Stevia and Calcium Carbonate	3 flavors: Cookie Dough Chocolate Chunk Peanut Butter Chocolate Chunk Triple Chocolate Chunk	\$24.99 / 12 pack = \$2.08 / bar	This bar is sweetened with Stevia and is gluten free.	
<u>Pure Protein Bar – Chocolate Deluxe</u>	6 The taste starts out chocolatey and sweet but ends with an artificial aftertaste that's reminiscent of something metallic.	6.5 A little on the chewy side (and smaller than the other bars), but a nice chocolate coating with a center that has a few little chocolate pieces inside.	<i>Per 50 g bar:</i> 180 cals 21 g protein 4.5 g fat 17 g carbs (2 g sugar, 3 g fiber)	Protein Blend (Milk Protein Isolate, Whey Protein Isolate, Whey Protein Concentrate), Chocolate Flavored Coating (Maltitol, Fractionated Palm Kernel Oil, Whey Protein Concentrate, Cocoa Powder [Processed With Alkali], Calcium Carbonate, Natural Flavors, Soy Lecithin, Sucralose), Hydrolyzed Collagen, Glycerin, Cocoa Powder, Water, Milk Chocolate Drops (Sugar, Whole Milk Powder, Chocolate Liquor, Cocoa Butter, Milk Fat, Soy Lecithin, Natural Vanilla Flavor), Maltitol Syrup, Peanut Flour, Calcium Carbonate, Natural Flavors, Vitamin And Mineral Blend (Ascorbic Acid, d-Alpha Tocopherol Acetate, Niacinamide, Zinc Oxide, Biotin, Copper Gluconate, d-Calcium Pantothenate, Potassium Iodide, Vitamin A Palmitate, Tricalcium Phosphate, Pyridoxine Hydrochloride, Thiamin Mononitrate, Riboflavin, Folic Acid, Cyanocobalamin), Sucralose, Almond Butter, Soy Lecithin.	10 flavors: Chewy Chocolate Chip Chocolate Deluxe Chocolate Peanut Butter Chocolate Peanut Caramel Chocolate Salted Caramel Dark Chocolate Coconut Greek Yogurt Blueberry Greek Yogurt Strawberry Peanut Butter Caramel S'mores	\$7.85 / 6 pack = \$1.31 / bar	Gluten free. Interesting to note that each bar contains 15% of your daily calcium value, which likely comes from the added calcium carbonate on the ingredients list. Pure Protein also offers a Pure Protein Plus line of bars with similar nutrition info that are non-GMO and contain no artificial sweeteners (sweetened with Stevia and sugar alcohols).	

Quest for the Best - Protein Bar

	Taste	Texture	Nutrition	Ingredients	Flavors	Value	Notes	Macro Content (% of total calories)
PE Science Select Protein Bar	<p>Chocolate Fudge Brownie (4): If you're a chocolate fan, this probably isn't the bar for you. It has a very fake chocolate flavor with a weird aftertaste.</p> <p>Cinnamon Brown Sugar (5): I thought this bar tasted overwhelmingly fake and a little cardboard-y. I didn't really get the cinnamon or brown sugars until the aftertaste.</p>	6 This bar has a coating on the bottom as well as drizzled on top, which is a nice effect. The bar itself doesn't have much going on and I thought the chewiness was a little off-putting.	<p><i>Per 50 g bar:</i> 160 cals 15 g protein 6 g fat 21 g carbs (5 g fiber, 1 g sugar, 6 g sugar alcohol)</p>	Isomalto-Oligosaccharides from Tapioca Starch, Soluble Corn Fiber, Protein Blend (Partially Hydrolyzed Whey Protein Isolate, Milk Protein Isolate), Calcium Caseinate, Whey Protein Crisps (Whey Protein Concentrate, Tapioca Starch, Alkalized Cocoa Powder, Calcium Carbonate), Coating (Maltitol, Palm Kernel Oil, Alkalized Cocoa, Whey Powder, Soy Lecithin, Natural Flavor), Glycerin, Peanut Flour, Alkalized Cocoa Powder, Sunflower Oil, Casein, Natural Flavors, Sea Salt, Sucralose.	3 flavors: Chocolate Peanut Butter, Cinnamon Brown Sugar, Fudge Brownie	\$12.49 / 6 pack = \$2.08 per bar	Nutrition and ingredients listed are for the Fudge Brownie Flavor.	<p>● Protein ● Fat ● Carbs</p>
Dymatize ISO100 Protein Bar - Frosted Brownie	6 I'm not sure where the brownie flavor is since most of what I taste is so artificial.	4 Not a bad looking bar with a white (chocolate?) coating over a chocolate inside. I could barely bite into the bar because it was so hard and once I did gnaw a piece off, it stuck in my teeth.	<p><i>Per 64 g package (2 bars):</i> 230 cals 20 g protein 9 g fat 23 g carbs (9 g fiber, 3 g sugar, 8 g sugar alcohol)</p>	Protein Blend (Hydrolyzed Whey Protein Isolate, Milk Protein Isolate), White Coating (Maltitol, Palm Kernel Oil, Milk Protein Isolate, Nonfat Dry Milk Solids, Nonfat Yogurt Powder [Nonfat Dry Milk, Lactic Acid], Soy Lecithin, Natural Flavor), Isomalto-Oligosaccharides (Prebiotic Soluble Fiber), Maltitol Syrup, Inulin, Cashew Butter (Dry Roasted Cashews, Sunflower Oil), Cocoa Powder [Processed With Alkali], Glycerin, Cocoa Whey Crisp (Whey Protein Isolate, Tapioca Starch, Cocoa Powder (Processed With Alkali), Calcium Carbonate, Sunflower Lecithin), White Drizzle (Sugar, Palm Kernel Oil, Nonfat Milk, Whole Milk, Whey, Sunflower Lecithin, Vanilla), Organic Coconut Oil, Water, Sunflower Lecithin, Salt, Natural And Artificial Flavors, Sucralose, Steviol Glycosides (Stevia).	3 flavors: Cookies & Cream Frosted Brownie Key Lime Pie	\$29.99 / 12 pack = \$2.49 / bar	This bar has a cool concept with two smaller bars in one package...too bad it didn't deliver on flavor and texture.	<p>● Protein ● Fat ● Carbs</p>
Optimum Nutrition Opti-Bar - Chocolate Chip Cookie Dough	4 Way too sweet for me, it distracted from the intended flavor of the bar in my opinion.	5 I thought the Opti-Bar was too chewy and after trying all the other bars, I found myself missing the chocolate coating on the outside. It does have some nice chocolate chips throughout though.	<p><i>Per 60 g bar:</i> 230 cals 20 g protein 7 g fat 23 g carbs (4 g sugar, 9 g fiber)</p>	Protein Blend (Milk Protein Isolate, Whey Protein Isolate), Isomalto-Oligosaccharide, Almond Butter, Semi-Sweet Chocolate Chips (Cane Sugar, Unsweetened Chocolate, Cocoa Butter), Glycerin, Natural Flavor, Maltodextrin, Cocoa Butter, Erythritol, Chocolate, Sea Salt, Cocoa (Processed With Alkali), Stevia Extract.	5 flavors: Chocolate Chip Cookie Dough Chocolate Brownie Cookies 'N Cream Cinnamon Pecan White Chocolate Raspberry	\$26.99 / 12 pack = \$2.25 / bar	<i>Bonus Flavor Review:</i> I also tested out the Birthday Cake flavor Optimum Nutrition Cake Bites. They have a nice white coating with sprinkles embedded on top of the coating. The inside is like a dense vanilla cake that's a bit chewy, but pretty yummy.	<p>● Protein ● Fat ● Carbs</p>
Yup Brands B-Up Bar - Chocolate Brownie	5 I thought the chocolate flavor in this bar was off, but at least it wasn't overly sweet.	4 This bar is smaller than the packaging makes it look...it's actually a pretty small, dense bar with the same texture throughout and no chocolate coating.	<p><i>Per 62 g bar:</i> 200 cals* 20 g protein 8 g fat 25 g carbs (2 g sugar, 20 g fiber)</p> <p>*Macro math gives you about 250 cals per bar.</p>	Prebiotic Dietary Vegetable Fiber, *Almonds, Whey Protein Isolate, Milk Protein Isolate, Cocoa Powder, Palm Fruit Oil, Natural Flavors, Xylitol, Sea Salt, Sunflower Lecithin.	9 flavors: Chocolate Brownie Chocolate Chip Cookie Dough Chocolate Mint Cinnamon Roll PB&J Peanut Butter Red Velvet Cupcake Sugar Cookie Vanilla Peanut Butter	\$24.99 / 12 pack = \$2.08 / bar	You can buy single bars of each flavor on the Yup Brands website with free shipping – not bad if you want to try them out before committing to a 12 pack.	<p>● Protein ● Fat ● Carbs</p>

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