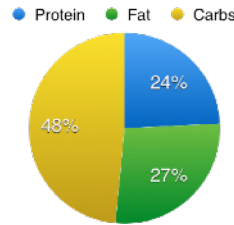
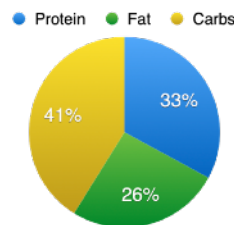
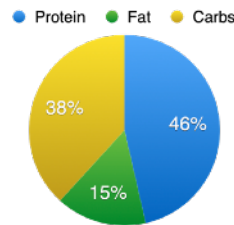
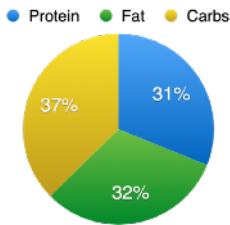
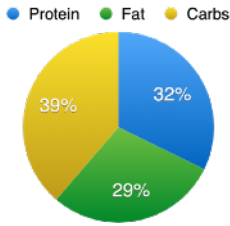
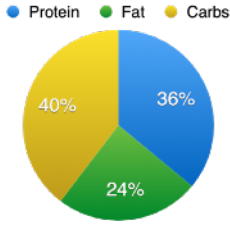
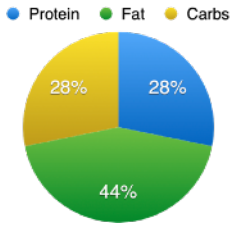


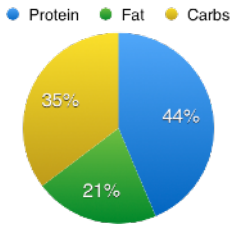
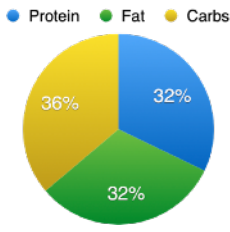
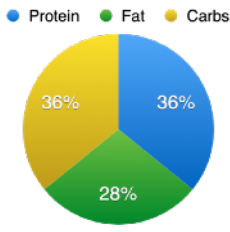
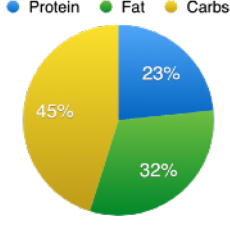
# Quest for the Best - Protein Bar

	Taste	Texture	Nutrition	Macro Content (% of total calories)	Ingredients	Flavors	Value	Notes
<b><u>think! Protein Snack Bar - S'mores</u></b>	<p><b>Chocolate Chip (7.5):</b> I thought this bar was a little too sweet, though the chocolate flavor was nice and there was good cookie dough-like flavor.</p> <p><b>S'mores (8):</b> 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.</p>	<p><b>8.5</b> 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.</p>	<p><i>Per 40 g bar:</i> 150 cals 10 g protein 5 g fat 20 g carbs (5 g fiber, 5 g sugar, includes 4 g added sugar)</p>		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, cocoa powder, tapioca starch, natural flavor, sunflower and/or soy lecithin, salt, unsweetened chocolate.	<i>5 flavors:</i> Chocolate Almond Brownie, Chocolate Chip, Chunky Chocolate Peanut, Cupcake Batter, S'mores	\$19.99 / 10 pack = \$1.99 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.
<b><u>ONE Protein Bar</u></b>	<p><b>Blueberry Cobbler (8):</b> I got lots of good blueberry flavor in this bar without it being too artificial tasting.</p> <p><b>Chocolate Chip Cookie Dough (7.5):</b> A little on the sweet side for me but a nice cookie dough flavor overall.</p> <p><b>Fruity Cereal (6):</b> While the fruity cereal flavor is definitely there, it's overly artificial tasting and too sweet.</p> <p><b>Peanut Butter Cup (9):</b> I like that this flavor isn't overly sweet and has a good amount of chocolate and peanut butter flavor.</p> <p><b>Reese's Peanut Butter Lovers (10):</b> If you're a peanut butter lover like me, this is a great option! Tons of great PB flavor and not too sweet.</p>	<p><b>9</b> Nice and soft but still a little chewy with a good chocolate coating. Some flavors like Peanut Butter Cup and Blueberry Cobbler also have crunchy bits on the inside to keep things interesting.</p>	<p><i>Per 60 g bar:</i> 220 cals 20 g protein 7 g fat 25 g carbs (8 g fiber, 1 g sugar, incl. 0 g added sugar, 4 g sugar alcohols)</p>		Protein Blend (Milk Protein Isolate, Whey Protein Isolate), Soluble Vegetable Fiber, Vegetable Glycerin, Isomalto-Oligosaccharides (Vegetable Source), Palm Kernel Oil, Maltitol, peanut Flour, Peanut Butter, Milk Protein Concentrate, Peanuts, Natural Flavors, Cocoa Powder (Processed with Alkali), Calcium Caseinate, Soy Lecithin (an Emulsifier), Sea Salt, Almond Butter and Sucralose.	<i>15 flavors:</i> Birthday Cake, Blueberry Cobbler, Chocolate Almond Bliss, Chocolate Brownie Chocolate Chip Cookie Dough, Cinnamon Roll, Cookies & Creme, Fruity Cereal, Hershey's Cookies 'n' Creme, Lemon Cake, Maple Glazed Donut, Mint Chocolate Chip Peanut Butter & Jelly, Peanut Butter Cup, Peanut Butter Pie, S'mores, Reese's Peanut Butter Lovers	\$34.99 / 12 pack = \$2.92 / bar	The price on these bars varies widely across retailers and Amazon. I've seen them as low as \$2.00 per bar at Target (not on sale).
<b><u>Built Puff - Brownie Batter</u></b>	<p><b>9</b> The chocolate flavor is pretty rich and it's right on the edge of too sweet, but doesn't taste super artificial like some others on the list.</p>	<p><b>8</b> This bar isn't really like any of the other bars on this list - it's almost like a chocolate coated marshmallow. It's a little sticky, but I prefer this much more than Built original bars.</p>	<p><i>Per 40 g bar:</i> 140 cals 17 g protein 2.5 g fat 14 g carbs (&lt;1 g fiber, 6 g sugar, incl. 6 g added sugar, 6 g sugar alcohol)</p>		Premium Collagen Protein Blend (Partially Hydrolyzed Isolate, Collagen Peptides),Dark Chocolate (Sugar, Chocolate Liquor, Cocoa Butter, Milkfat, Soy Lecithin,Vanilla) Glycerin, Water, Sugar, Gelatin, Cinnamon, Natural Flavors, Nonfat Dry Milk Or Cultured Dextrose	<i>10 flavors:</i> Banana Cream Pie, Brownie Batter, Candy Cane Brownie, Chocolate Milkshake, Churro, Coconut, Coconut Brownie Chunk, Cookie Dough Chunk, Cookies & Cream, Mint Chip, Salted Caramel, S'mores Chunk, Strawberry Milk Chocolate	\$29.99 / 12 pack = \$2.49 / bar	I didn't expect to like these bars since I really dislike the texture of original Built Bars. With the macros and flavor, I'd buy these again though.

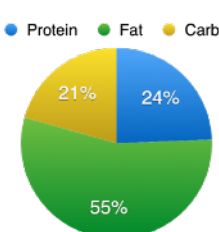
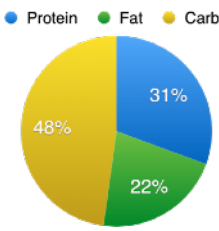
# Quest for the Best - Protein Bar

	Taste	Texture	Nutrition	Macro Content (% of total calories)	Ingredients	Flavors	Value	Notes
<b><u>Grenade Carb Killa – Chocolate Cream</u></b>	<b>9.5</b> This bar is not overly sweet but has a great chocolate flavor with a hint of caramel.	<b>10</b> 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> 220 cals 20 g protein 9 g fat 24 g carbs (7 g fiber, 2 g sugar, incl. 0 g added sugar, 14 g sugar alcohol)		Chocolate (Maltitol, Cacao Fat, Dry Whole Milk, Cocoa Mass, Lecithin, Natural Flavors), Protein Blend (Calcium Caseinate, Milk Protein Isolate, Whey Protein Isolate), Gelatin, Polydextrose, Glycerin, Chocolate Chips (Cocoa Mass, Maltitol, Lecithin, Low Fat Cocoa, Vanilla Powder), Soybean Oil, Cocoa Nibs, Peanuts, Nonfat Dry Milk, Xylitol, Natural and Artificial Flavors, Salt, Lecithin, Sucralose	<i>8 flavors:</i> Birthday Cake, Caramel Chaos, Chocolate Chip Cookie Dough, Chocolate Chip Salted Caramel, Cookies & Cream, Dark Chocolate Mint, Dark Chocolate Raspberry, Jaffa Quake, Peanut Nutter, White Chocolate Cookie, White Chocolate Salted Peanut	\$34.99 / 12 pack = \$2.92 / 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).
<b><u>think! High Protein Bars – Brownie Crunch</u></b>	<b>7</b> The flavor is chocolatey but pretty artificial tasting.	<b>8</b> These bars have a good wafer-like 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 24 g carbs (2 g fiber, 0 g sugar, 8 g sugar alcohol)		Protein blend (soy protein isolate, whey protein isolate, calcium caseinate), maltitol syrup, alkalized cocoa powder, vegetable glycerin, water, almond butter, palm kernal oil, sunflower oil, sunflower and/ or soy lecithin, natural flavor, tapioca starch, chocolate, salt.	<i>11 flavors:</i> Banana Oat Muffin, Boston Creme Pie, Brownie Crunch, Chocolate Creme Cupcake, Chocolate Fudge, Chunky Peanut Butter, Cookies ‘n Creme, Creamy Peanut Butter, Lemon Delight, Peanut Butter Chocolate Chunk, White Chocolate	\$23.99 / 10 pack = \$2.40 / 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.
<b><u>BSN Protein Crisp Protein Bar - Chocolate Crunch</u></b>	<b>8</b> 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.	<b>8</b> 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 55 g bar:</i> 190 cals 20 g protein 6 g fat 22 g carbs (6 g fiber, 4 g sugar, incl. 3 g added sugar, 8 g sugar alcohol)		Dairy Protein Blend (Whey Protein Isolate, Whey Protein Concentrate, Milk Protein Concentrate), Isomalto-oligosaccharides, Soy Protein Isolate, Chocolate Liquor (Roasted and Ground Cocoa Beans), Vegetable Oil (Palm Kernel Oil, 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, Salt, Soy Lecithin, Agar, Sucralose, Tocopherols.	<i>7 flavors:</i> Birthday Cake Remix, Chocolate Crunch, Mint Mint Chocolate Chip, Peanut Butter Crunch, S’mores, Salted Toffee Pretzel, Vanilla Marshmallow	\$28.50 / 12 pack = \$2.38 / bar	Pretty solid taste for a bro bar, but I don’t love the ingredients list.
<b><u>Fit Crunch Snack Size High Protein Baked Bar - Chocolate Chip Cookie Dough</u></b>	<b>8</b> This is a seriously sweet bar but you do get the cookie dough taste.	<b>9</b> 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 46 g bar:</i> 210 cals 16 g protein 11 g fat 16 g carbs (1 g fiber, 3 g sugar, incl. 2 g added sugar, 8 g sugar alcohols)		Protein Blend (Whey Protein Isolate, Whey Protein Concentrate), Vegetable Oils (Palm Kernel And Palm), Soy Protein Isolate, Sugar, Maltitol, Vegetable Glycerin, Gelatin [Bovine], Cocoa (Processed With Alkali), Sorbitol. Contains 2% Or Less Of The Following: Acetylated Monoglycerides, Baking Soda, Beta-Carotene (For Color), Glucose Syrup, Maltodextrin, Mono & Diglycerides, Natural Flavor, Natural Tocopherols (To Preserve Freshness), Potassium Sorbate (Preservative), Propylene Glycol Mono Esters, Salt, Silicon Dioxide, Sodium Caseinate, Soy Lecithin, Soybean Oil, Sucralose, Sunflower Lecithin, Sunflower Oil, Tapioca Starch, Titanium Dioxide, Vanilla Powder, Vitamin A Palmitate, Water, Whey, Almond And Peanut.	<i>14 flavors:</i> Apple Pie, Caramel Peanut, Chocolate Banana, Chocolate Brownie, Chocolate Chip Cookie Dough, Chocolate Coconut Almond, Chocolate Peanut Butter, Cinnamon Twist, Lemon Cake, Milk & Cookies, Mint Chocolate Chip, Peanut Butter, Peanut Butter and Jelly, Strawberry Streusel	\$36.99 / 18 pack = \$2.05 / bar	The regular size of this bar weighs in at 88 grams and 380 cals, so I reviewed the snack bar here since it’s closer to the size of other bars in this list. The macros on this bar aren’t great with 44% of calories coming from fat.

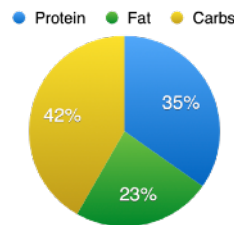
## Quest for the Best - Protein Bar

	Taste	Texture	Nutrition	Macro Content (% of total calories)	Ingredients	Flavors	Value	Notes
<b><u>Pure Protein Bar – Chocolate Deluxe</u></b>	<b>7.5</b> The taste starts out chocolatey and sweet but has a slight artificial aftertaste.	<b>7</b> 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 fiber, 3 g sugar, incl. 2 g added sugar, 4 g sugar alcohol)		Protein Blend (Milk Protein Isolate, Whey Protein Isolate, Whey Protein Concentrate), Chocolate Flavored Coating (Maltitol, Fractionated Palm Kernel Oil, Whey Protein Concentrate, Cocoa [processed with alkali], Calcium Carbonate, Natural Flavors, Soy Lecithin, Butterfat, Almond Butter, Sucralose.	<i>13 flavors:</i> Birthday Cake, Brookie, Caramel Churro, Chewy Chocolate Chip, Chocolate Deluxe, Chocolate Mint Cookie, Chocolate Peanut Caramel, Chocolate Salted Caramel, Cookies and Cream, Galactic Brownie, Lemon Cake, Sundae Cone,	\$21.73 / 12 pack = \$1.81 / 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).
<b><u>Alani Protein Bar</u></b>	<b>Caramel Crunch (6.5):</b> This bar is overwhelmingly sweet and the caramel flavor just isn't really there. Plus the chocolate tastes very artificial.	<b>8.5</b> Nice layers with chocolate coating, a soft/sticky layer, and a cookie layer.	<i>Per 48 g bar:</i> 190 cals 16 g protein 7 g fat 18 g carbs (1 g fiber, 8 g sugar, incl. 7 g added sugar)		Chocolate Flavored Coating (Sugar, Palm Kernel Oil, Whey Protein Concentrate, Cocoa Powder, Soy Lecithin (Emulsifier), Vanilla), Maltitol, Soy Protein Isolate, Vegetable Glycerin, Hydrolyzed Collagen, Sweetened Condensed Milk (Milk Solids, Sugar), Water, Peanut Flour, Whey Protein Concentrate, Peanut Butter (Peanuts, Salt, Palm Oil), Milk Protein Concentrate, Whey Protein Isolate, Palm Kernel Oil, Peanuts, Butter (Cream, Salt), Soy Lecithin (Emulsifier), Corn Starch, Salt, Natural Flavors.	4 flavors: Caramel Crunch, Munchies, Peanut Butter & Jelly, Rocky Road	\$29.99 / 12 pack = \$2.49 / bar	This company used to make a “Fit Snacks” branded protein bar that was pretty tasty, but it looks like those have been discontinued in favor of this new protein bar.
<b><u>Barebells Protein Bar</u></b>	<b>Birthday Cake (7.5):</b> Sweeter than I prefer. The birthday cake flavor is solid but not spot on.  <b>Chocolate Dough (8):</b> This one is also too sweet for me and the chocolate flavor is a little lackluster.	<b>8</b> I like that this brand has a coating with some crunchy bits embedded in the coating, but the inside of the bar is softer than I'd like. I thought the birthday cake flavor was especially soft, but the chocolate dough flavor was a little chewier.	<i>Per 55 g bar:</i> 210 cals 20 g protein 7 g fat 20 g carbs (2 g fiber, 1 g sugar, 0 g added sugar, 7 g sugar alcohols)		Milk Protein Blend (calcium caseinate, whey protein isolate, whey protein concentrate), glycerin, bovine collagen hydrolysate, maltitol, cocoa butter, polydextrose, water, confetti blend (maltitol, rice flour, potato starch, sunflower oil, Red 40 lake, Blue 2 lake, Yellow 5 lake, Blue 1 lake), dry whole milk, soy protein isolate, sunflower oil, natural and artificial flavors, tapioca starch, salt, sunflower lecithin, citric acid, sucralose.	<i>8 flavors:</i> Birthday Cake, Caramel Cashew, Chocolate Dough, Cookies and Cream, Cookies and Caramel, Creamy Crisp, Salty Peanut, White Chocolate Almond	\$28.99 / 12 pack = \$2.42 per bar	This brand also offers a plant based bar in Hazelnut Nougat flavors and 4 flavors of soft bars.
<b><u>Quest Nutrition Hero Bar</u></b>	<b>Chocolate Caramel Pecan (8.5):</b> A little to close to a candy bar for my preference. It's quite sweet with a little bit of that artificial sweetener aftertaste.  <b>Chocolate Peanut Butter (8):</b> The chocolate and peanut butter flavors were great, but I could taste the artificial sweeteners too much.  <b>Cookies &amp; Cream (7):</b> I thought the cookies & cream flavor was a little generic and muddled, but still tasty. Not for cookies & cream aficionados.	<b>10</b> Nice layers of crunch and chewy caramel inside this bar. It's also coated in a nice chocolate layer.	<i>Per 60 g bar:</i> 170 cals 15 g protein 9 g fat 29 g carbs (11 g fiber, 1 g sugar, incl. 0 g added sugar,, 2 g erythritol)		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.	<i>6 flavors:</i> Birthday Cake, Blueberry Cobbler, Chocolate Caramel Pecan, Chocolate Coconut, Chocolate Peanut Butter, Cookies & Cream	\$33.48 / 12 pack = \$2.79 / bar	Quest has made a big push for the use of <u>allulose</u> as an alternative sweetener in this bar. For the Chocolate Caramel Pecan flavor, there are 11 grams of allulose in the bar, contributing less than 5 calories per bar.

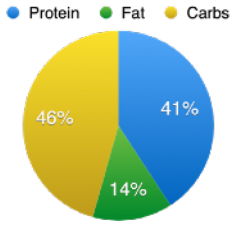
# Quest for the Best - Protein Bar

	Taste	Texture	Nutrition	Macro Content (% of total calories)	Ingredients	Flavors	Value	Notes								
<b><u>PowerCrunch Protein Energy Bar - Triple Chocolate</u></b>	<b>7.5</b> 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.	<b>8</b> I like the texture of these bars overall - they have layers of sticky stuff in between layers of light as air wafers, all surrounded by a nice chocolate coating. That said, they can come off a bit dry.	<i>Per 40 g bar:</i> 220 cal 13 g protein 13 g fat 11 g carbs (1 g fiber, 5 g sugar, incl. 5 g added sugar)	 <table><tr><th>Macro</th><th>Percentage</th></tr><tr><td>Protein</td><td>24%</td></tr><tr><td>Fat</td><td>55%</td></tr><tr><td>Carbs</td><td>21%</td></tr></table>	Macro	Percentage	Protein	24%	Fat	55%	Carbs	21%	Proto Whey® protein blend (Micro Peptides™ from High-DH hydrolyzed whey protein [40% di and tripeptides], whey protein isolate, milk protein isolate), palm oil, enriched flour (wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), palm kernel oil, sugar, cocoa processed with alkali, canola oil, fructose, soy lecithin, natural flavors, maltodextrin, salt, stevia leaf extract, baking soda, ammonium bicarbonate, monk fruit.	<i>15 flavors:</i> Chocolate Chip Cheesecake, Chocolate Coconut, Chocolate Mint, Cinnamon Roll, Cookies and Cream, French Vanilla Creme, Lemon Meringue, Peanut Butter Creme, Peanut Butter Fudge, Peanut Butter Honey, Red Velvet, Salted Caramel, S'mores, Strawberry Creme, Triple Chocolate	\$21.99 / 12 pack = \$1.83 / bar	The macros on this bar are worse than average with 55% of calories coming from fat.
Macro	Percentage															
Protein	24%															
Fat	55%															
Carbs	21%															
<b><u>Dive Bar Nutrition Protein Bar - Trash Can Cookie</u></b>	<b>Trash Can Cookie (9.5):</b> 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.  <b>Cookies 'n' Dreams (7)</b> - the base of this bar doesn't have a ton of flavor, and the cookies and cream chunks aren't enough to overcome it.  <b>Peanut, But Her Chocolate Chip (9)</b> - Lots of peanut butter flavor with a bit of chocolate. I think it's just a tad too sweet.  <b>Chocolate Chip Cookie Though (6)</b> - 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.	<b>7</b> 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.	<i>Per 60 g bar:</i> 180 cal 16 g protein 5 g fat 25 g carbs (7 g fiber, 4 g sugar, incl. 3 g added sugar)	 <table><tr><th>Macro</th><th>Percentage</th></tr><tr><td>Protein</td><td>31%</td></tr><tr><td>Fat</td><td>22%</td></tr><tr><td>Carbs</td><td>48%</td></tr></table>	Macro	Percentage	Protein	31%	Fat	22%	Carbs	48%	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.	<i>11 flavors (plus about 6 seasonal flavors):</i> All This and S'mores, Chocolate Chip Cookie Tho, Divorce Cake, Dump Truck Brownie, PB Chocolate Chip Peanut But Her Chocolate Chip, Salted Caramel Pretzel, Trash Can Cookie	\$22.00 / 6 pack = \$3.67 per bar	Most of the bars by this brand have about 90mg of caffeine, but they do have caffeine-free options.
Macro	Percentage															
Protein	31%															
Fat	22%															
Carbs	48%															

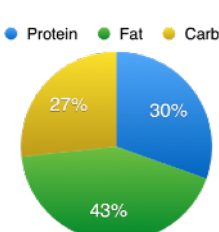
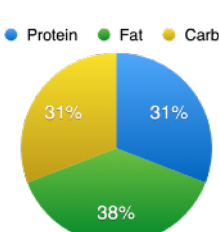
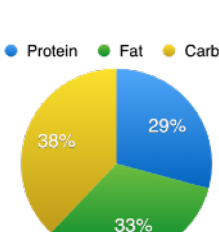


Quest for the Best - Protein Bar																
	Taste	Texture	Nutrition	Macro Content (% of total calories)	Ingredients	Flavors	Value	Notes								
<u>Quest Nutrition</u> <u>Quest Bars</u>	<b>Birthday Cake: 8.5</b> Solid birthday cake flavor, though it's a little on the sweet side. I did like that this flavor included a coating.	<b>6</b> 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.	<i>Per 60 g bar:</i> 170 cals 20 g protein 6 g fat 24 g carbs (15 g fiber, 1 g sugar, 5 g sugar alcohol)	 <div>● Protein ● Fat ● Carbs</div> <table><caption>Macro Content (% of total calories)</caption><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%	Protein blend (milk protein isolate, whey protein isolate), polydextrose (prebiotic fiber), water, almonds, soluble corn fiber, erythritol, unsweetened chocolate, glycerin. Contains less than 2% of the following: natural flavors, cocoa butter, butter (cream, salt), sea salt, baking soda, lecithin (sunflower and/or soy lecithin), stevia sweetener, sucralose.	<i>16 flavors:</i> Apple Pie, Birthday Cake, Blueberry Muffin, Caramel Chocolate Chunk, Chocolate Brownie, Chocolate Chip Cookie Dough, Chocolate Peanut Butter, Cookies and Cream, Double Chocolate Chunk, Lemon Cake, Mint Chocolate Chunk, Oatmeal Chocolate Chip, Peppermint Bark, Pumpkin Pie, S'Mores, White Chocolate Raspberry	\$33.48 / 12 pack = \$2.79 / bar	Quest has a huge flavor variety and in my experience, the texture varies from flavor to flavor – some of their bars can be sticky and some of them can be a little dry and crumbly. They also now offer minis and a dipped version of some of their flavors.  The nutrition info and ingredients listed are for the Chocolate Brownie flavor.
	Macro				Percentage											
	Protein				35%											
Fat	23%															
Carbs	42%															
<b>Blueberry Muffin: 7.5</b> 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.																
<b>Chocolate Brownie: 6</b> 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?																

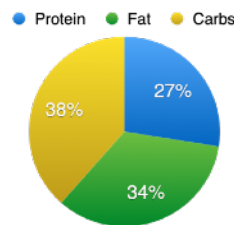
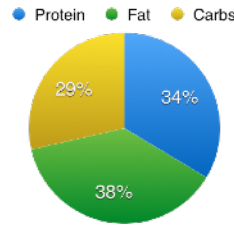
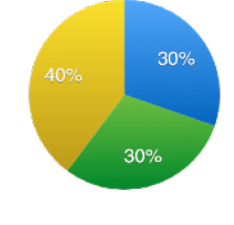
# Quest for the Best - Protein Bar

	Taste	Texture	Nutrition	Macro Content (% of total calories)	Ingredients	Flavors	Value	Notes
<b>Built Bars</b>	<p><b>Candy Cane Brownie (9):</b> Great flavor, tastes like you would expect with not too much peppermint. Just wish the texture was better!</p> <p><b>Caramel Apple (3):</b> Overwhelmingly fake flavor, though I do get the caramel and apple.</p> <p><b>Coconut (7):</b> 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><b>Cookies 'n Cream (7):</b> This flavor isn't bad - not too sweet or fake tasting, but I didn't really get the cookies 'n cream vibe.</p> <p><b>German Chocolate Cake (6):</b> A little bit of coconut flavor and definite chocolate flavor, but also a lot of fake tasting sweetness.</p> <p><b>Maple Pecan (7):</b> Really strong maple flavor that overwhelms the chocolate coating, though I wish there was some texture from the pecans.</p> <p><b>Mint Brownie (8):</b> Good amount of chocolate and mint flavors, along the lines of an Andes chocolate.</p> <p><b>Peanut Butter (8):</b> The dark chocolate coating on the outside is tasty, but I wish the peanut butter filling had a little more sweetness. It bordered on savory and a little burnt tasting.</p> <p><b>Salted Caramel (8):</b> A little sweeter than I prefer, but the flavor is still good.</p>	<p><b>4</b></p> <p>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 43 g bar:</i> 130 cals 17 g protein 2.5 g fat 19 g carbs (6 g fiber, 4 g sugar, incl. 4 g added sugar, 8 g sugar alcohol)</p>	 <p>A pie chart illustrating the macro content of the protein bars. The chart is divided into three segments: Protein (blue, 41%), Fat (green, 14%), and Carbs (yellow, 46%). A legend above the chart identifies the colors: blue for Protein, green for Fat, and yellow for Carbs.</p>	Protein Blend (Whey Protein Isolate, Partially Hydrolyzed Whey Protein Isolate), Water, Dark Chocolate (Sugar, Chocolate Liquor, Cocoa Butter, Milkfat, Soy Lecithin, Vanilla), Digestion Resistant Maltodextrin, Glycerin, Erythritol, Gelatin, Natural Flavor, Cocoa, Citric Acid, Nonfat Dry Milk	<i>10 flavors:</i> Cherry Barcia, Coconut, Coconut Almond, Cookies and Cream, Double Chocolate, Mint Brownie, Peanut Butter, Peanut Butter Brownie, Raspberry, Salted Caramel	\$29.99 / 12 pack = \$2.50 / bar	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 <b>just because your friend has a discount code for them doesn't mean they're actually good</b> ...there are much better bars on the market. I definitely wouldn't buy these again.

# Quest for the Best - Protein Bar

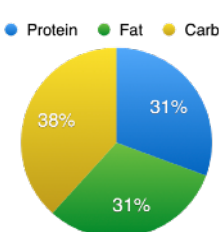
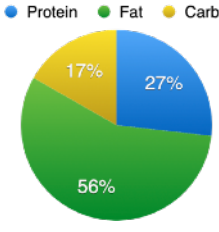
	Taste	Texture	Nutrition	Macro Content (% of total calories)	Ingredients	Flavors	Value	Notes
<b><u>GNC Total Lean Layered Lean Bar - Whipped Chocolate Mousse</u></b>	<b>7</b> I thought the chocolate flavor was a little off, but I like that the bar isn’t overly sweet.	<b>9</b> A thick chocolate coating surrounds a cookie bottom and creamy top.	<i>Per 44 g bar:</i> 200 cal 16 g protein 10 g fat 14 g carbs (1 g fiber, 4 g sugar, incl. 3 g added sugar)	 <p>● Protein ● Fat ● Carbs</p>	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 Caseinate, 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	<i>7 flavors:</i> Chocolate Mint, Coconut Caramel, Cookie Dough, Cookies and Cream, Peanut Butter Pie, Peppermint Mocha, Whipped Chocolate Mousse	\$21.99 / 9 pack = \$2.44 per bar	
<b><u>MusclePharm Combat Sport Bar</u></b>	<b>Chocolate Cake (7.5):</b> The chocolate is pronounced and has a bit of a caramel flavor. It’s not overly sweet but it toes that line pretty closely.  <b>S’mores (8):</b> A bit less chewy than the chocolate cake flavor, but still pretty chocolatey. I could detect a faint bit of marshmallow and	<b>8.5</b> Nice and thick textured/crunch coating with a dense, chewy inside.	<i>Per 57 g bar:</i> 250 cal 20 g protein 11 g fat 20 g carbs (5 g fiber, 5 g sugar, incl. 5 g added sugar, 7 g sugar alcohols)	 <p>● Protein ● Fat ● Carbs</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.	<i>3 flavors:</i> Chocolate Cake, Chocolate Chip Cookie Dough, Chocolate Peanut Butter Cup	\$34.99 / 12 pack = \$2.92 / bar	If you like a more dense, chewy bar than the previous options, this is a great bar to take a look at.
<b><u>REDCON1 MRE Bar - Crunchy Peanut Butter Cup</u></b>	<b>8.5</b> Pretty tasty, not overly sweet, but I wish the peanut butter flavor was more pronounced.	<b>8.5</b> 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 64 g bar:</i> 260 cal 20 g protein 10 g fat 26 g carbs (2 g fiber, 3 g sugar, incl. 3 g added sugar)	 <p>● Protein ● Fat ● Carbs</p>	Protein Blend (Beef Protein Isolate; Salmon Protein; Chicken Protein; Egg Albumin; Brown Rice Protein; Pea Protein); Gluten,Free Rolled Oats; Carbohydrates 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; Sorbital; 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, Caramel Trail Mix, Crunchy Peanut Butter Cup, Cookie Dough, Cookies & Cream, German Chocolate Cake, Oatmeal Chocolate Chip, PB&J	\$34.99 / 12 pack = \$2.92 / 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!

# Quest for the Best - Protein Bar

	Taste	Texture	Nutrition	Macro Content (% of total calories)	Ingredients	Flavors	Value	Notes
<b><u>Anabar Protein Packed Candy Bar - Milk Chocolate Campfire S’mores</u></b>	<b>8</b> This bar borders on too sweet for me, but it does have great chocolate and marshmallow flavors.	<b>8</b> The chocolate coating on the outside melts really easily. There are little bits of marshmallow visible in the bar along with a good amount of crunch.	<i>Per 65 g bar:</i> 290 cal 20 g protein 11 g fat 28 g carbs (1 g fiber, 22 g sugar, incl. 21 g added sugar)		Peanut Butter (Peanuts, Sugar, Contains 2% or Less of: Fully Hydrogenated Vegetable Oils (Cottonseed, Soybean, Rapeseed), Dextrose, Salt, Monoglycerides), Honey, Whey Protein Isolate, Milk Chocolate Coating (Sugar, Palm Kernel Oil and Hydrogenated Palm Oil, Non-Fat Dry Milk, Cocoa Powder (Processed ) with Alkali), Soy Lecithin (an Emulsifier), and Vanillin (an Artificial Flavor)), Protein Crisp (Whey Protein Isolate, Whey Protein Concentrate, Tapioca Starch, Calcium Carbonate, Sunflower (Lecithin), Brown Rice Syrup (Brown Rice Water), Mini Marshmallow, Graham Cracker (Whole Wheat Flour, Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Vitamin B1 [Thiamin Mononitrate], Vitamin B2 [Riboflavin], Folic Acid), Sugar, Canola Oil, Molasses, Honey, Corn Syrup, Contains 2% or Less of Leavening (Baking Soda, Sodium Pyrophosphate, Monocalcium Phosphate), Salt, Soy Lecithin).	<i>9 flavors:</i> Bussin’ Birthday Cake, Campfire S’mores, Cinnamon Swirl Crunch, Death by Peanut Butter, Fruity Cereal Crunch, Monster Cookie Crunch, Strawberry Cupcake, Triple Chocolate Wasted, White Chocolate Cookies & Creme	\$35.99 / 12 pack = \$3.00 per bar	
<b><u>ProSupps MyBar - Ice Cream Cookie Crunch</u></b>	<b>7.5</b> 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.	<b>9</b> 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).	<i>Per 88 g bar:</i> 380 cal 30 g protein 17 g fat 30 g carbs (2 g fiber, 4 g sugar, incl. 3 g added sugar)		Whey Protein Blend (Whey Protein Concentrate, Whey Protein Isolate), Vegetable Glycerin, Gelatin (Bovine), Soy Protein Isolate, Palm Oil, Sorbitol, See Label for Chocolate Chips, Palm Kernel Oil, Maltitol, Sugar, Water, Cocoa (Processed with Alakali), Glucose Syrup, Contains Less than 2% of:, Acetylated Monoglycerides, Baking Soda, Beta-Carotene (for color), Cocoa, Cocoa Extract, Maltodextrin, Mono & Diglycerides, Natural Flavor, Natural Tocopherols, Potassium Sorbate (preservative), Propylene Glycol Mono Esters, Salt , Silicon Dioxide, Sodium Caseinate, Soy Lecithin, Soybean Oil, Sucralose, Sunflower Lecithin, Sunflower Oil, Vitamin A Palmitate	<i>4 flavors:</i> Caramel Craze, Cookie Dough, Peanut Butter Paradise, Triple Chocolate	\$39.99 / 12 pack = \$3.33 / bar	I tried this bar a few years back when it was still a 55 gram size, but it’s now a whopping 88 grams and the flavor I originally tried has been discontinued.
<b><u>Met-RX Big 100 Colossal Protein Bar - Super Cookie Crunch</u></b>	<b>6.5</b> The cookies and cream flavor really comes through, although I felt like a pretty strong artificial aftertaste got in the way of me enjoying it.	<b>10</b> 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.	<i>Per 100g bar:</i> 410 cal 32 g protein 14 g fat 42 g carbs (3 g fiber, 25 g sugar, incl. 24 g added sugar)		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, Fractioned 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	<i>7 flavors:</i> Chocolate Chip Cookie Dough, Crispy Apple Pie, Fruity Cereal Crunch, Peanut Butter, Peanut Butter Pretzel, Salted Caramel Brownie, Super Cookie Crunch, Vanilla Caramel Churro	\$27.49 / 9 pack = \$3.05 / 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>



# Quest for the Best - Protein Bar

	Taste	Texture	Nutrition	Macro Content (% of total calories)	Ingredients	Flavors	Value	Notes						
<b><u>1st Phorm Level-1 Bar - Chocolate PB Pretzel</u></b>	<b>6.5</b> The chocolate flavor is okay, but I don't get the sweet/salty combo and it's got an artificial aftertaste.	<b>6.5</b> While there's a nice coating of chocolate on the outside, it's actually pretty hard to bite into this bar because the inside is almost like a harder version of a Butterfinger.	<i>Per 61 g bar:</i> 260 cal 20 g protein 9 g fat 25 g carbs (3 g fiber, 5 g sugar, incl. 4 g added sugar)	 <table><tr><td>Protein</td><td>31%</td></tr><tr><td>Fat</td><td>31%</td></tr><tr><td>Carbs</td><td>38%</td></tr></table>	Protein	31%	Fat	31%	Carbs	38%	Protein Blend (Whey Crisps [Whey Protein Isolate, Whey Protein Concentrate, Tapioca Starch, Calcium Carbonate, Sunflower Lecithin], Whey Protein Concentrate, Whey Protein Isolate), Soy Protein Isolate, Glycerin, Palm Kernel Oil, Gluten Free Pretzels (Whole Grain Brown Rice Flour, Potato Starch, Corn Starch, Soluble Corn Fiber, Canola Oil, Sugar, Salt, Cellulose Gum, Sodium Bicarbonate, Soy Lecithin, Sodium Acid Pyrophosphate, Monocalcium Phosphate), Glucose Syrup, Sugar, Peanut Butter (Dry Roasted Peanuts, Palm Oil, Dextrose, Salt), Maltitol, Corn Fiber, Almond Butter, Sorbitol, Cocoa (Processed with Alkali), Oats, Brown Rice Flour, Peanut Flour, Chicory Root Fiber, Rice Flour, Water, Sunflower Oil, Salt, Natural Flavor, Sucralose, Sunflower Lecithin, Maltodextrin, Sodium Caseinate, Propylene Glycol Mono Esters, Potassium Sorbate, Acetylated Monoglycerides, Mono & Diglycerides, Titanium Dioxide, Vanilla Powder, Silicon Dioxide, Natural Tocopherols.	<i>8 flavors:</i> Apple Crisp, Choco Chip Cookie Dough, Chocolate Crunch, Chocolate PB Pretzel, Peanut Butter Lover, Pumpkin Spice Crunch, Salted Caramel, S'mores	\$42.99 / 15 pack = \$2.87	
Protein	31%													
Fat	31%													
Carbs	38%													
<b><u>Fit Crunch Wafer - Chocolate Peanut Butter</u></b>	<b>6.5</b> While the peanut butter flavor comes through pretty strong, it's actually not sweet enough and a little cardboard-y.	<b>7</b> This bar has great crunch but I thought it came off pretty dry and kind of crumbly.	<i>Per 45 g bar:</i> 240 cal 16 g protein 15 g fat 10 g carbs (1 g fiber, 4 g sugar, incl. 3 g added sugar, 2 g sugar alcohol)	 <table><tr><td>Protein</td><td>27%</td></tr><tr><td>Fat</td><td>56%</td></tr><tr><td>Carbs</td><td>17%</td></tr></table>	Protein	27%	Fat	56%	Carbs	17%	Peanut Butter (peanuts, salt), Milk Protein Isolate, Chocolate Flavored Confectionary Coating (palm kernel oil, sugar, whey protein isolate, whey protein concentrate, maltitol, alkalized cocoa powder, sunflower lecithin, sucralose, natural flavors), Wheat Wafers (pastry flour, soybean oil, sodium bicarbonate),. Palm Oil, Whey Protein Crisps (whey protein concentrate, tapioca starch), Peanut Flavored Confectionery Coating (palm kernel oil, maltitol, peanut flour, whey protein isolate, whey protein concentrate, salt, soy lecithin, sucralose), Peanut Oil, Soy Lecithin, Salt, Steviol Glycosides (stevia extract).	<i>2 flavors:</i> Chocolate Peanut Butter, Mint Chocolate Chip	\$21.99 / 9 pack = \$2.44 per bar	
Protein	27%													
Fat	56%													
Carbs	17%													

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