










List of Clean, Healthy Bars

Brand Name	Flavor	Special Info	Calories	Carbohydrates	Protein	Fat	Fiber
 Quest	Chocolate Peanut Butter	Pre/Post workout snack Gluten- free, High protein, High fiber	160 cal	25 g	20 g	5g	17 g
 Luna	Iced Oatmeal Raisin	Pre workout snack High Calcium	180 cal	27 g	9 g	5 g	3 g
 Nature Valley Protein	Peanut. Almond/Dark Chocolate	Snack- Gluten-free	190 cal	14 g	10 g	12 g	5 g
 Kind	Fruit and Nut Delight	Snack- Gluten-free	200 cal	17 g	6 g	13 g	3 g
 Rise	Raspberry Pomegranate	Snack- Gluten-free	200 cal	26 g	3 g	10 g	12 g
 Pure	Apple Cinnamon	Snack- Gluten-free	200 cal	27 g	5 g	8 g	3 g
Kashi		Snack	200 cal	32 g	10 g	5 g	5 g

	GoLean Peanut Butter/Chocolate							
	Super Protein	Snack High Protein	210 cal	30 g	14 g	4.5 g	4 g	
	Lemon	Snack Gluten-free, Vegan	220 cal	28 g	6 g	11 g	3 g	
	Chocolate Espresso	Pre/ Post workout snack Gluten-free, High Protein	230 cal	25 g	20 g	8 g	1 g	
	Cool Mint Chocolate	Pre workout snack	250 cal	43 g	10 g	5 g	5 g	
	Blueberry Crumb Cake	Meal Replacement, Pre/Post workout snack High Protein, Low sugar	300 cal	29 g	28 g	10 g	2 g	
	Chocolate Roasted Peanut with caramel	Meal Replacement, Pre/Post workout High Protein	320 cal	33 g	32 g	10 g	2 g	