



Nutrition Bars

	Calories	CHO (g)	Protein (g)	Fat (g)	Sugar (g)	Fiber (g)	Allergy
Balance Caramel Nut Blast	210	23	15	7	14	<1	Gluten Free
Charmed Bar	230	24	5	15	24	3	Dairy Free, Gluten Free
CLIF Builder's Protein	280	29	20	10	22	2	
CLIF Chocolate Chip	250	45	10	5	22	4	
Curate Almond & Apricot	190	22	6	9	10	4	Gluten Free, Soy Free
Fiber One 90 Cal	90	17	1	2.5	5	5	
Fiber One Original	140	29	2	4	7	9	
Fiber One Protein	140	17	6	6	7	5	
GoMacro Protein Paradise	260	30	11	11	10	1	Gluten Free, Vegan
Good Greens Apple Crumb Yogurt	180	19	10	7	14	5	Gluten Free, Vegan
Greens+ Protein Chocolate	260	25	15	13	19	2	Gluten Free
Health Warrior Chocolate PB	100	13	3	6	5	4	
Jif PB Granola Bars	180	21	7	8	10	1	
Kashi Peanut Butter Chewy	140	20	6	5	5	3	
Kashi Plant Powered Salted Dark Chocolate	190	21	8	10	9		
KIND Almond & Coconut	190	21	3	12	12	3	
KIND Dark Chocolate & Sea Salt	200	16	6	15	5	7	
Kroger Protein Dark Chocolate Peanut Butter	180	17	10	10	7	7	
Lara Bar Apple Pie	190	24	4	10	18	5	Dairy Free, Gluten Free, Soy Free, Vegan
Luna Lemon Zest	190	26	9	6	9	3	Gluten Free



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Mediterra Cherry & Pistachio	180	26	7	6	14	3	Gluten Free
Met-Rx Protein Plus	310	29	32	10	1	2	
Nature Valley Protein	190	14	10	12	6	5	Gluten Free
Nature Valley Simple Nut	180	11	6	13	6	2	Gluten Free
Nugo Vanilla Yogurt	170	26	11	2.5	13	2.5	
NutriGrain Soft Baked	120	24	2	3	11	3	
PowerBar Clean Whey	190	25	20	5	2		
PowerBar Protein Plus	210	25	20	6	12	4	Gluten Free
PowerBar Triple Threat	190	24	12	8	13	3	
PowerBar Harvest	200	24	10	7	17	2	Gluten Free
Pure Protein Chewy	200	18	20	5	3	2	Gluten Free
Qia Blueberry Cashew Pumpkin	190	18	5	11	7	4	Gluten Free
Quest Coconut Cashew	190	22	20	8	1	14	
Simple Truth Fudge Graham	230	28	15	7	18	3	
Simple Truth Kale	170	27	4	6	16	3	
Skinny Girl	120	20	10	5	15	3	
Special K Chewy Nut	170	17	4	10	9	2	Gluten Free
Special K Protein	110	17	4	3	7	4	
Special K Protein Meal	170	22	12	5	14	5	
Sunbelt Bakery Strawberry	150	27	2	3.5	15	2	
That's It! Apple Banana	100	28	1	0	22	4	Gluten Free, Soy Free, Vegan
ThinkThin High Protein	240	22	20	9	0	1	Gluten Free
Think Thin 150	150	20	10	5	5	5	
Zone Perfect	210	23	14	7	15	3	