

PROTEIN BARS (BY BRAND)



Less than 3 grams saturated fat and no more than 3X carb to protein.



Aloha

	Cals	Sat. Fat	Sodium	Carb	Fiber	Protein
Banana Bread Chocolate Chip	230	2	90	25	10	14
Chocolate Chip Cookie Dough	240	2.5	105	25	10	14
Chocolate Espresso	230	2.5	70	25	10	14
Maple Sea Salt	220	1	130	26	10	14
Vanilla Almond Crunch	250	1.5	95	23	6	14



Barebell

	Cals	Sat. Fat	Sodium	Carb	Fiber	Protein
Caramel Cashew	200	3.5	80	18	3	20
Chocolate Dough	200	3.5	150	20	3	20
Cookies and Caramel	210	0	150	21	4	20
Cookies and Cream	200	3*	75	20	3	20
Creamy Crisp	200	3.5*	120	19	3	20
Peanut Butter	210	3.5*	190	20	3	20
Salty Peanut	200	3.5*	105	18	3	20



BUILT

	Cals	Sat. Fat	Sodium	Carb	Fiber	Protein
Brownie Batter	140	2	90	14	0	17
Coconut	140	2	85	13	0	17
Cookie Dough Chunk	160	2.5	95	19	0	15
Cookies and Cream	150	2	95	14	0	17
Salted Caramel	140	2	160	14	0	17
Sour Pink Lemonade	150	2.5	80	15	0	16



David

	Cals	Sat. Fat	Sodium	Carb	Fiber	Protein
Blueberry Pie	150	1.5	115	12	<1	28
Chocolate Chip Cookie Dough	150	1.5	160	12	1	28
Fudge Brownie	150	1.5	170	12	1	28
Peanut Butter Chocolate Chunk	150	2	200	12	1	28
Salted Peanut Butter	150	1.5	200	12	<1	28

ABBREVIATIONS

Calories - Cals

Carbohydrates - Carb

Fiber - Fiber

Protein - Protein

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	Epic Performance	Cals	Sat. Fat	Sodium	Carb	Fiber	Protein
	Peanut Butter Chocolate	210	2	200	25	3	12
	Evo Hemp	Cals	Sat. Fat	Sodium	Carb	Fiber	Protein
	Birthday Cake	220	1.5	100	18	5	12
	Brownie Chip	220	1.5	100	18	5	12
	Cookie Dough	220	1.5	100	18	5	12
	Lemon Bar	220	1.5	100	18	5	12
	Matcha	220	1.5	100	18	5	12
	IQ Bars	Cals	Sat. Fat	Sodium	Carb	Fiber	Protein
	Banana Nut	170	2.5	125	10	7	12
	Lemon Blueberry	180	2.5	125	10	7	12
	Matcha Chai	180	2.5	125	9	6	12
	Peanut Butter Chip	160	2.5	135	12	9	12
	Wild Blueberry	180	2.5	125	9	6	12
	Kind	Cals	Sat. Fat	Sodium	Carb	Fiber	Protein
	Caramel and Sea Salt Zero	140	2.5	75	14	8	5
	Dark Chocolate Sea Salt Mini	90	1.5	70	8	3	3
	Honey Roasted Nuts & Sea Salt	190	2	135	15	4	7
	Maple Glazed Pecan	200	1.5	140	14	5	5
	Madagascar Vanilla Almond	180	1.5	15	15	6	6
	Peanut Butter & Chocolate Mini	100	2	10	8	1	3

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PROTEIN BARS (BY BRAND)



Kirkland

	Cals	Sat. Fat	Sodium	Carb	Fiber	Protein
Chocolate Chip Cookie Dough	190	2.5	190	22	10	21
Chocolate Peanut Butter Chunk	180	2	150	23	10	21

Kodiak

	Cals	Sat. Fat	Sodium	Carb	Fiber	Protein
Breakfast Apple Cinnamon	190	1	140	23	5	10
Breakfast Blueberry Oat	190	1	135	23	5	10
Chewy Chocolate Chip	140	1	95	20	2	7
Chewy Double Chocolate	140	1	115	20	2	7
Chewy Peanut Butter Chocolate Chip	140	1	115	20	2	7
Chewy S'mores	140	1	100	20	2	7
Crunchy Chocolate Chip	210	1.5	170	25	2	10
Crunchy Cookie Butter	210	1	170	23	2	10
Crunchy Maple Brown Sugar	210	1	170	26	2	10
Crunchy Peanut Butter	210	1.5	170	22	2	10

Legendary Protein Pastry

	Cals	Sat. Fat	Sodium	Carb	Fiber	Protein
Birthday Cake	180	1.5	360	22	8	20
Brown Sugar Cinnamon	180	1	360	22	9	20
Blueberry	180	1	360	22	9	20
Chocolate Cake	180	1.5	360	22	9	20
Cookies and Cream	180	2	430	22	8	20
Cherry Crumble	180	2	360	19	5	20
Hot Fudge Sundae	180	1	370	23	7	20
Strawberry	180	1	360	22	9	20



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	NoCow	Cals	Sat. Fat	Sodium	Carb	Fiber	Protein
	Blueberry Cobbler	190	1.5	170	25	18	22
	Chocolate Chip Cookie Dough	200	2	210	26	15	20
	Peanut Butter Chocolate Chip	200	2	220	26	15	20

	NuGo	Cals	Sat. Fat	Sodium	Carb	Fiber	Protein
	Chocolate Chip Dark	200	4	135	25	2	12
	Chocolate Banana Original	190	4	105	25	1	13
	Coffee Original	170	2	135	27	2	11
	Peanut Butter Chocolate Slim	180	2	110	26	2	11
	Orange Smoothie Original	170	1.5	130	26	2	11
	Vanilla Yogurt Original	170	2	115	27	2	11

	ProteinOne	Cals	Sat. Fat	Sodium	Carb	Fiber	Protein
	Chocolate Chip	90	1.5	120	11	4	10
	Chocolate Fudge	90	1.5	125	11	4	10
	Mint Chocolate Chip	90	2	125	10	2	10
	Strawberries and Cream	90	1.5	115	11	4	10

	Quest	Cals	Sat. Fat	Sodium	Carb	Fiber	Protein
	Blueberry Muffin	190	2	210	22	15	20
	Chocolate Brownie	180	1	230	23	17	20
	Cinnamon Roll	180	2	250	23	15	20
	Mocha Chocolate Chip	180	2	240	24	14	20
	Oatmeal Chocolate Chip	190	1.5	190	23	16	21
	Strawberry Cheesecake	170	1	160	23	13	20



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RX Bar



	Cals	Sat. Fat	Sodium	Carb	Fiber	Protein
Blueberry	210	1	140	24	6	12
Blueberry Cashew Butter	220	1	150	29	5	10
Chocolate Sea Salt	210	2	260	23	5	12
Coconut Chocolate	210	2	170	23	5	12
Dark Chocolate Peanut Butter	230	2	180	28	4	10
Honey Cinnamon Peanut Butter	220	1.5	170	29	4	10
Peanut Butter	200	1	310	25	5	12
Peanut Butter Chocolate	210	2	240	22	4	12
Strawberry	190	1	140	24	6	12
Vanilla	190	1	200	24	5	12

ThinkThin



	Cals	Sat. Fat	Sodium	Carb	Fiber	Protein
Chocolate Almond Brownie	150	2	160	19	5	10
Chunky Chocolate Peanut Butter	150	2	170	20	5	10
Cupcake Batter	150	2	190	19	5	10
Salted Caramel	150	2	200	20	5	10
S'mores	150	2	170	20	5	10

ADDITIONAL INFORMATION

- Additional flavors may be offered by the manufacturer but were not included as they did not meet the Fork Friendly criteria.
- Additionally, grocery stores make product changes weekly, and new brands and flavors may become available or unavailable.
- Please be sure to check the labels when ordering online or selecting a product not on this list to ensure you are making a good nutrient choice.



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