

TOP PROTEIN AND ENERGY BARS TESTED * = author's top picks based upon the test criteria

BRAND NAME	BAR NAME	WEIGHT OUNCES	GRAMS OF PROTEIN	CALORIES	GRAMS OF CARBS	WITHSTANDS HEAT WELL	DURABLE / PLIABLE	WEBSITE
22 DAYS	Vegan Protein Bar *	2.6	20	290	24	YES	YES-GREAT	www.22daysnutrition.com
QuestBar	Protein Bar *	2.12	20	170	25	YES-GREAT	YES	www.questnutrition.com
Rise	Protein Bar *	2.1	17	260	22	YES	YES	www.risebar.com
Odawalla	Protein Bar *	2.0	14	210	30	YES	YES	www.odawalla.com
Elisabeth Hasselbeck's	Nogii High Protein Bar	1.93	17	230	24	OK	OK	www.nogii.com
PowerBar	Protein Bar	2.12	20	210	25	NO	NO	www.powerbar.com
Clif Bar	Builder's Protein Bar	2.4	20	270	31	NO	NO	www.clifbar.com
Balance Bar	Protein (Peanut Butter)	1.76	15	200	21	OK	OK	www.balance.com
Zone	Perfect	1.76	14	210	24	NO	NO	www.zoneperfect.com
Zero Impact	High Protein Mealbar	3.5	30	400	35	NO	NO	www.vpxsports.com
Bear Valley	MealPack Concentrated Food Bar*	3.75	16	400	56	YES	OK	www.mealpack.com
Pro Bar	Meal*	3	9	370	48	YES	YES	www.theprobar.com
Clif Bar	Energy Bar	2.4	11	250	41	YES	YES	www.clifbar.com
PowerBar	Harvest Energy	2.29	9	240	42	OK	OK	www.powerbar.com
PowerBar	Performance Energy Bar *	2.2	9	240	44	YES-GREAT	YES-GREAT	www.powerbar.com
First Strike (military MRE bar)	Nutritious Energy Bar	2.3	4	280	46	YES	YES	Sterling Foods
Pure Organic	Banana Coconut	2.0	6	200	25	OK	OK	www.thepurebar.com
Picky Bars	Energy Bar	1.6	7	200	28	OK	NO	www.pickbars.com
Greens+	Energy Bar	2.0	8	260	32	OK	OK	www.greensplus.com/chia
Bixby Bar	Whippersnapper Chocolate Bar	1.5	3	220	19	OK	NO	www.bixbyco.com
Tanka Bar	Buffalo Meat Jerky	1.0	7	70	7	YES	YES	www.tankbar.com

WHERE TO GET IT

- Recreational Equipment Incorporated (REI) www.rei.com – store or online / carries almost everything
- Vitamin Shoppe www.vitaminshoppe.com – widespread store chain
- Whole Foods www.wholefoodsmarket.com – premium and vegan / more healthy selections
- PowerBar www.powerbar.com – can order online under products
- Your local supermarket or pharmacy