

ENERGY/HIGH PROTEIN BAR OPTIONS

1. Bearded Brothers organic
2. Best Ever Bar
3. Clean Bar
4. Clif Nutbutter, Clif whole lotta, Clif Builder, Clif regular
5. Epic Bars
6. Everbar
7. Food Bar, Organic high protein, plant based
8. Garden of Life, high protein, plant based, high performance bar
9. Gatorade Whey Bar
10. Greens Plus Energy Bar **slightly higher in natural sugar
11. Larabar
12. Nugo high protein bar
13. Perfect Bar
14. PowerCrunch Bar
15. ProBar, 20g protein bar
16. NoCow, higher protein, plant based
17. One Bar, high protein
18. Rise Bars, high protein
19. Rx Bar
20. Square Organics Bar
21. Think Bar, high protein
22. Quest Bar, high protein

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Remember: Never try anything new on a day of competition. Best to try on a practice day.

Everyone is different. What works for you may not work for someone else!

Everyone has different beliefs on what they think is good for them so make your own choices off this list.

To maximize results it is best to work with a Sports Dietitian (CSSD) to customize what is ideal for you.