

W E L L



G O O D

7 WHEY-FREE PROTEIN BARS YOU NEED IN YOUR NON-DAIRY LIFE

DECEMBER 5, 2017



At a time when even almond milk is a nearly free-flowing option for **many of your favorite drinks**, following a dairy-free diet has never been easier. Still, certain milk-based protein sources manage to sneak their way into many healthy products, like protein bars.

Whey protein—which has long been popular among the bodybuilding set—is **dairy byproduct added to many protein bars**, effectively making your favorite snack off-limits if you’re living a non-dairy lifestyle. (Most bar brands, including **Clif**, **Gatorade**, and **FitJoy**, are kind enough to label “whey” on the packaging, but it’s safest to read the full ingredients list to get the lowdown.)

But luckily for dairy-free folks, there are plenty of bars made with various vegan-friendly protein sources. (Think **pea** or **hemp protein** powders and milks.) Plus, those options aren’t hard to find—most are available at your local grocery store.

Craving a whey-free, protein-filled snack? Grab one of the 7 options below.



GoMacro MacroBar Morning Harvest Apples & Walnuts

\$34 for 12 bars