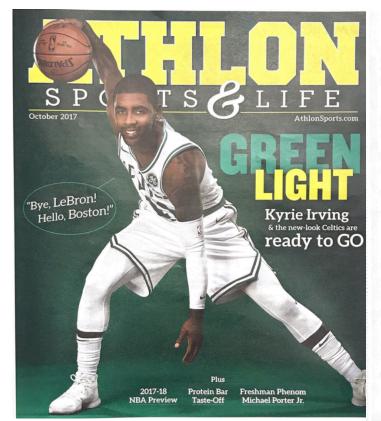
SPORTSCLIFE





Protein bars are a handy snack in an on-the-go world. But with so many varieties, it's hard to determine which are the tastiest and healthiest. So we tried dozens to find our favorites. We also spoke with Nancy Clark, a registered diettiin and specialist in sports dietetics who has served as a nutritional consultant to the NBA's Boston Celtics. Clark has a simple rule for determining daily protein. Take your body weight and divide it in half. Clark says. You want 05-0.8 grams of protein per pound. And, as with most things, timing is crucial. The sooner you give lyour muscles] the tools they need to refuel and repair, the quicker your recovery will be, she says. But in the end, it's really about personal preference. The ideal protein bar is a bar that tastes good and you enjoy." Clark says.

BERRY BLISS

RXBAR
Mixed Berry
RXBAR puts all their ingredients on the front of the package, ensuring

POWER UP

GoMacro Banana + Almond Butter This vegan bar tastes just like banana bread, and is a delicious way to end a morning workout — with





PROTEIN

Pumpkin Seed
The soft and chewy texture of this pumpl seed bar has us hooked. The crunchy pum kin seeds provide 8g of plant-based prot and the dark chocolate satisfies a swe tooth without sending you into a sugar con





Nature Valley XL Protein Mixed Nut

CAYENNE CRAVING

KIND Sweet Cayenne BBQ
If you have had your share of overly sweet
tein bars, try the KIND Sweet and Spicy
Packed with real ruts, seeds and 10g of
based protein, the unique flavor is addict





DELIGHTFUL DESSERT FitJoy Grandma's Lemon Square

Enjoy the flavor of the classic dessert from Grandma's house, all while getting 20g of protein. As an added bonus, it's gluten-free, GMO-free and doesn't have any artificial introdicate.

BREAKFAST POWER UP

GoMacro Banana + **Almond Butter**

This vegan bar tastes just like banana bread, and is a delicious way to end a morning workout - with 10g of an organic protein blend, including organic sprouted brown rice and organic pea protein.

