



GoMacro Protein Bars Just Might Become Your Go-To Bar

Go get yours now.

Bars are my go-to snack. Depending on what kind you choose, bars can be the perfect grab-and-go snack to tide you over between meals or recover after a long, hard workout. One of my all-time favorite bars are [GoMacro bars](#).

After working out I always look forward to eating GoMacro bars because they protein in them help my muscles recover, and to top it off, they taste amazing too.

What is [GoMacro](#)?



GoMacro is a family-owned nutrition and protein bar company whose mission is to create wholesome and healthy snacks for all to enjoy. They believe in inspiring people to love eating healthy and also live a healthy lifestyle that positively impacts not only individuals, but also the world around us.

GoMacro has **five core principles** to their bars: **vegan**, **macrobiotic**, wholesome, sourced sustainably, and good for the community. As GoMacro says, “The pursuit of health is a path of living in balance with ourselves and nature with the products that have positive effects on the world.” To ensure their mission, the company sources local products and supports local distributors.

What's in Them?



GoMacro believes in using ingredients by growers that not only treat their workers well, but also the environment. They also try to use American grown ingredients as much as possible. All of GoMacro's products are non-GMO and USDA organic. They use ingredients that cultures all around the world have used, such as grains, nuts, seeds, plants, and natural sweeteners, creating a bar packed full of vitamins and minerals.

GoMacro does not use any refined sweeteners; they sweeten their bars with brown rice syrup and coconut sugar, each of which are minimally processed sugars. As a source of protein, they use brown rice protein, which is a great source alternative for vegans or gluten free foodies.

Artificial flavors are found nowhere near the products; they use real food to create real flavors. For example, for their peanut butter chocolate chip bars use organic peanuts and organic chocolate chips to create the flavor you know and love.

GoMacro puts a lot of thought into what they put into their bars, making their ingredients top-notch. Made with only real, whole food, you can be sure that GoMacro bars are putting true nutrients into your body, making you feel better and live better.

Nutritional Facts



GoMacro bars also have an impressive list of nutritional facts. Their high protein bars have between 10-12 grams of protein, depending on the flavor you choose, and their regular nutrition bars have between 4-5 grams of protein.

The calories vary from 200-290 calories, making for a perfect sized snack. Sugars per bar are between 9-16 grams. Each bar has between 30-38 grams of carbohydrates (sourced from whole grains), creating the perfect pre or post workout food. Lastly, because of the nuts and seeds that are in the bars, GoMacro bars are full of omega-3 fatty acids, vitamins, and minerals.

Varieties of Bars



The best part about GoMacro bars, in my opinion, is that they come in many flavors, all unique and perfectly paired. GoMacro bars come in two different types: high protein and regular. Lucky for us, they just released 6 new protein bar flavors.

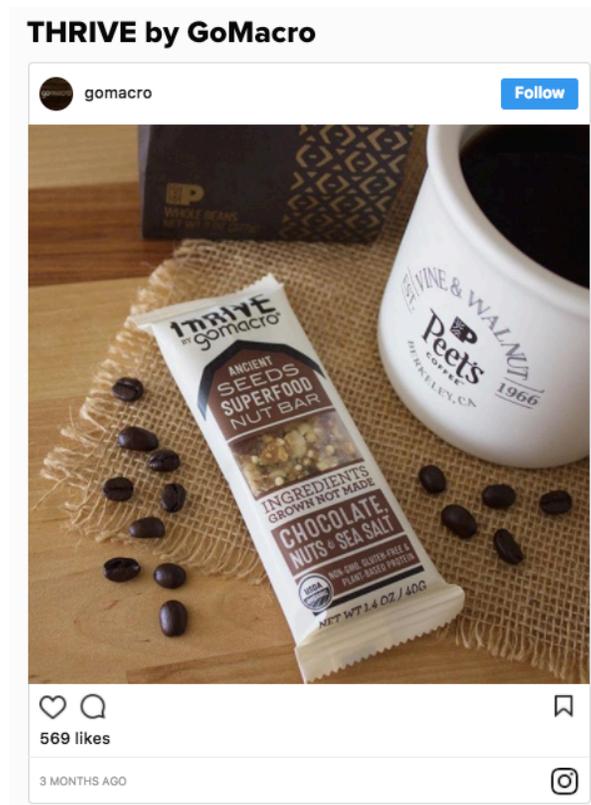
The high protein bar flavors come in 6 flavors: peanut butter chocolate chip, banana and almond butter, sunflower butter and chocolate, cashew butter, peanut butter, and cashew caramel.

The regular nutrition bar flavors are cashew butter, almond butter and carob, granola and coconut, cherries and berries, and apples and walnuts.

And last but not least, the new high protein flavors are, drum roll please, mocha chocolate chip, dark chocolate and almonds, and blueberry and cashew butter.

GoMacro is selling the “Everlasting Joy” bar (coconut, almond butter, and chocolate chips) with a portion of the proceeds going to help feed the homeless.

#SpoonTip: If you're unsure which flavor is right for you, check out this [unofficial ranking of GoMacro bars](#).



GoMacro is also sells superfood nut bars called THRIVE Bars. THRIVE bars are **R.A.W. (real, alive, and whole)**, **C.L.E.A.N. (conscious, live, ethical, active, and nourishing)**, vegan, gluten-free, organic, kosher, and non-GMO. They have between 5-8 grams of protein, 6-8 grams of sugar, and 180-190 calories per bar. THRIVE bars have plant-based protein and are a great source of omega-3 fatty acids.

The THRIVE bar flavors are chocolate, nuts, and sea salt; ginger lemon; chocolate peanut butter chip; caramel coconut; blueberry lavender; and almond apricot. If you are looking for a bar with multiple sweet, savory, and everything-in-between options, THRIVE has got you covered.

Whether you need something to recover your muscles after a hard workout or a snack between meals, GoMacro bars are sure to suit your desires. Not only will you know that the food you are putting in your body is clean and wholesome, but now you also know that you are benefitting the community and the environment. So next time you are in the store deciding which bar to buy, go GoMacro.