Eat This, Not That!

28 Low-Carb, High-Protein Fitness Bars for Muscle Growth

Looking to cut back on carbs while upping your protein intake? These bars are for you.

Whether you're looking to lose belly fat or gain lean muscle mass, a candy bar wouldn't be your top contender come lunchtime. So why would you purchase a protein bar with a nutritional profile similar to a Milky Way? Although many of the fitness bars that line supermarket aisles boast a decent protein content, that shouldn't justify their excessive amounts of sugar and empty carbs. But, hey, you already knew that—that's probably why you're looking for a list of low-carb protein bars.

There are countless reasons you may want a low-carb protein bar: you're seeking a light snack to satisfy cravings on the go, you're following a low-carb or keto diet, you prefer a protein-packed meal replacement, or you want to lose weight. That's right: increasing your protein intake while decreasing your carb intake has been shown to improve weight loss maintenance over time, according to a study published in The New England Journal of Medicine.

To help you on your path to a healthy life, we've compiled a list of low-carb, high-protein bars so you get the best of both worlds. And the best part: all of these bars win our taste buds' seal of approval. If you're looking for more ways to increase your protein intake, don't miss out on these 25 Best High-Protein Snacks.

Each bar has no more than 19 grams of carbs (6% DV) and no less than 8 grams of protein.

19 GoMacro Thrive Bar Chocolate Peanut Butter Chip

1 BAR (40 G): 190 calories, 10 g fat (2 g saturated fat), 60 mg sodium, 18 g carbs (3 g fiber, 6 g sugar), 8 g protein

With a respectable 5.5 more grams of protein than a Reese's cup, this is the bar you'll want to unwrap.

$27.19 per 12-count, Amazon