

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](#)