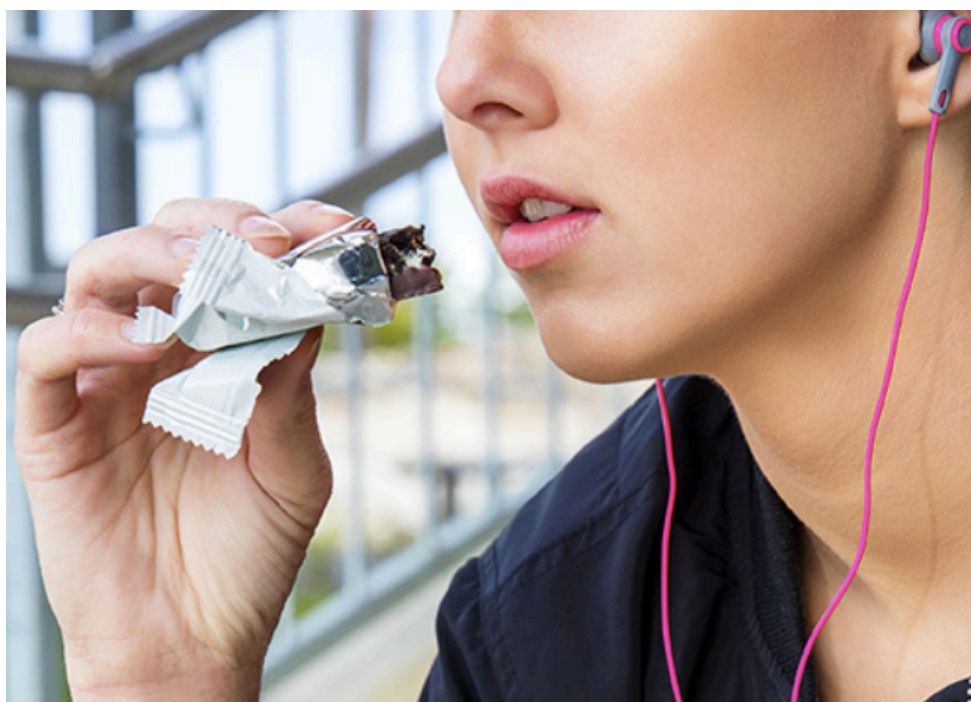


4 Natural Protein Bars That Will Help You Have More Energy



When you aren't getting enough protein in your diet, it can lead to feeling drained and too tired to take on your work week. As a quick fix, many people reach for a protein bar. While these little energy bars can be a great diet substitute, it's important to know that not all protein bars are good for you.

Protein is an essential part of your diet—not only does protein give you energy, but it also builds muscle, stabilize your metabolic rate, and hormonal health.

While you're browsing the aisles of your local grocery store for new protein bars to snack on, it's crucial to know what to look for. A good rule of thumb is to only eat natural foods.

These protein bars only contain natural ingredients, nothing processed, so you know they're healthy for you. Just remember, *always* read the ingredients.

The Best Natural Protein Bars



Thrive by GoMacro Ancient Seeds Superfood Nut Bar, Chocolate Peanut Butter Chip (\$28.62)

Nutritional Info: 12g Total Fat, 0g Trans Fat, 10 mg Sodium, 3g Fiber, 19g Carbs, 5g Protein, 6g Sugar, 190 Calories

Ingredients: Organic Peanuts, Organic Brown Rice Syrup, Organic Ancient Seed Blend (Organic Hemp Hearts, Organic Sprouted Flax, Organic Puffed Quinoa), Organic Sprouted Brown Rice Protein, Organic Peanut Butter Chips (Organic Peanut Flour, Organic Coconut Sugar, Organic Cocoa Butter, Salt), Organic Peanut Butter, Organic Coconut Sugar, Organic Dried Brown Rice Syrup, Organic Cacao Powder, Organic Sunflower Oil, Organic Natural Vanilla Flavor, Sea Salt.