

# Aol.

## Taste Testing 7 Popular Protein Bars



Protein bars are a perfect snack when you're on the go or need a post-workout pick-me-up. With health and fitness influencers promoting different brands of popular protein bars, it can be difficult to know which ones are actually good.

To settle the matter once and for all, I decided to buy

seven different brands of popular protein bars and try a different one everyday for a week. I bought my bars from Trader Joe's, and each one was around \$2. I rated them based on two categories: taste and nutrition. Here is how it went.

## **GoMacro - Double Chocolate + Peanut Butter Chips**

**Taste: 9.5/10**

**Nutrition: 9/10**

I was most eager to try the GoMacro bars after seeing a lot of positive reviews about them on Tiktok. And they did not disappoint. These bars were not too chewy, and I really enjoyed the peanut butter chips and chocolate chips inside. There was a pleasant amount of chocolatey flavor, and it did not taste artificial whatsoever.

I love that this company is organic, vegan, gluten-free, and the list goes on as you can see on their website. These bars sit at 280 calories, which is decent. However, the bars have 14 grams of sugar. This flavor also contains 11 grams of protein, which is better than a lot of protein bars, but not the highest compared to other brands, such as Quest.