

Eat This, Not That!

10 Best Protein Bars You Can Buy at Target Right Now



Whether you're looking for an on-the-go snack or a tide-over on those days you just don't have time to do lunch, protein bars are here for you.

Although they sound like sugary treats with flavors like chocolate peanut butter and glazed donut, protein bars aren't just "healthy" candy bars. A good protein bar should be enough to satisfy you—whether that's

with the sugary hit you crave or with enough sustenance to keep you energized. Plus, it's easy to find solid ones at a store many of us frequent: Target.

"You should look for over 10 grams of a higher quality protein from a less processed source ('pea protein' vs 'soy isolate,' for example)," says Beth Warren, RDN, founder of Beth Warren Nutrition and author of *Secrets of a Kosher Girl*. She also suggests less than 10 grams of sugar, ideally from a natural source.

Luckily, you can get lots of great protein bars right at your local Target. Below, we've rounded up 10 protein bars you can find during your next shopping trip. Then, don't miss 5 Healthy Costco Food Court Orders, According to Registered Dietitians!

5. GoMacro Peanut Butter Chocolate MacroBar

290 calories, 11 g fat (2 g saturated fat), 10 mg sodium, 39 g carbs (2 g fiber, 14 g sugar), 11 g protein

Eleven grams of protein for a bar that is also vegan and gluten-free? Add this one in your shopping cart during your next Target run.