

SHAPE

The Best Protein Bars to Quell Hunger, According to Dietitians and Shape Editors



Protein bars have long been every fitness enthusiast's and snack fiend's best friend. They are available in countless innovative flavors, stifle hunger, and help you meet your #gains goals, thanks to protein's role in muscle building. But sometimes, these friends are actually foes in disguise; A crinkly wrapper can conceal a chalky, bitter bar that's hard enough to break a tooth and will leave your stomach

growing in 20 minutes flat.

So how are you supposed to know which protein bars are actually tasty and filling enough to be worth adding to your shopping cart? Look to this all-inclusive guide to find out the qualities to look for in a snack bar and the best protein bars on the market, according to registered dietitians and Shape staff members.

Best Vegan Protein Bar: GoMacro MacroBar in Oatmeal Chocolate Chip

One of Munro's all-time favorites, this protein bar tastes exactly like an oatmeal chocolate chip cookie, but it provides 12 grams of protein and 3 grams of fiber per serving. Plus, plant-based eaters can feel confident that the snack is free of any animal products — the bar is certified vegan as well as certified gluten-free and USDA-certified organic.