










Brands of Bars	Protein	Calories (kcal)	Carbs	Sugars	Fats – total	Fat – saturated	Vegan / Dairy Free?	Gluten free?	Nut free?	Price	Price per gram of protein
Musashi 'Shred & Burn' Peanut Butter Caramel Protein Bars 	20.1g	214	2.7g	1.1g	6.2g	2.9g	No	No	No	\$3.08 - \$3.99	\$0.15 - \$0.20
Aussie Bodies Low Carb Whipped Chocolate Protein Bars 	14.9g	164	1.2g	0.4g	6.0g	3.3g	No	Yes	Yes	\$3.08	\$0.21
Quest Bar Chocolate Chip Cookie Dough Protein Bars 	21g	202	4.0g	1.0g	9.0g	3.0g	No	Yes	No	\$4.08 - \$4.42	\$0.19 - \$0.21
Horley's Carb Less Protein Bar Rocky Road 	16.0g	173	6.9g	4.9g	6.8g	1.8g	No	Yes	No	\$3.66 - \$3.79	\$0.22 - \$0.23
PranaOn Plant Protein Bars 	18.1g	223	19.3g	13.6g	8.4g	3.3g	Yes	Yes	No	\$5.00	\$0.27
Nice & Natural Super Seed Salted Caramel Protein Bars 	8.6g	169	7.5g	1.9g	10.9g	1.3g	Yes	Yes	No	\$0.90	\$0.10
Musashi P45 High Protein Bars (Milk Chocolate Brownie) 	45.5g	337	3.1g	2.3g	6.9g	4.1g	No	Yes	Yes	\$4.30 - \$5.48	\$0.09 - \$0.12
Atkin's Low Carb Bars (Chocolate Raspberry) 	7.5g	119	1.5g	1.2g	5.6g	3.1g	No	No	?	\$2.60	\$0.34
EHP Labs Lust Protein Bars 	18.0g	219	4.5g	3.4g	7.2g	3.8g	No	No	Yes	\$4.58	\$0.25