

Becoming Elli's Fit Strong Women Over 50 Podcast with Jill McCauslin and Chris Brown
PROTEIN BARS OF 2019 COMPARISON CHART

Bar	Calories	Protein	Carbs	Sugar	Fiber	Fat	Ounces	Taste Jill	Taste Chris	Protein per Ounce
Kind Double Dark Chocolate	250	12	18	8	5	13	1.76	5	5	6.82
Kind Peanut butter	200	8	16	9	3	9	1.4	5	5	5.71
Rx	220	12	22	13	5	19	1.83	4	5	6.56
Luna	190	12	19	13	13	8	1.59	4	5	7.55
Zone Perfect	90	5	10	6	1	9	0.72	4	4	6.94
Quest	180	20	24	>1	14	7	2.12	4	3	9.43
Muscle Milk	250	20	27	2	9	3	2.25	3	3	8.89
Think Thin	230	20	24	0	1	7	2.1	2.5	3	9.52
Power Crunch	205	13	9	5	1	10	1.4	1	2	9.29
Think Brownie	230	20	23	0	1	13	1.2	1	1	16.67
Think Thin Plant	230	13	27	5	3	8	1.94	1	1	6.70

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