

PROTEIN BAR LIST

Calories	Protein	Fat	Carbs	Sugar
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Category 1

Balance Gold
Balance Gold CarbWell
Twisted
AdvantEdge
Atkins
Elevate Me (GF)
Myoplex Light
MetRx Protein+(mini)
Body For Life
Think Thin (GF)
Jim's PermaLean
Supreme Protein (SMALL)

210	15	7	23	17
200	14	8	22	1
190	15	6	20	13
220	21	8	21	3
220	18	11		0
230	16	4	36	30
190	15	3.5	27	17
190	19	5	19	1
210	15	7	22	16
240	20	8	26	0
190	21	7	21	2
200	15	8	18	2

Category 2

MetRx Protein+(3oz)
Premier Protein
Pure Protein
Promax
Myoplex Low Carb
Carb Solutions
Detour Bar
Power Bar Protein+

260	34	9	13	9
280	30	8	19	13
290	30	7	27	10
280	20	5	36	28
240	30	6	3	2
250	25	10	14	0
290	32	9	25	12
290	24	5	38	23

Category 2+

MetRx Protein +
Lean Body
Myoplex Deluxe
Myoplex Sport
MLO Bio Protein
Detour Low Sugar
MetRx Big 100
Pro 42 Bar

>300 cal

300	32	8	15	8
300	30	7	19	12
340	24	7	44	36
400	30	10	49	17
310	21	6	43	37
340	30	10	33	5
360	27	5	51	25
430	42	12	36	1

Category 3

Luna Bar
Clif Bar
Clif Z Kids Bar
Balance Bar
Kashi Go-Lean reg
Kashi Go-Lean sml
Nu-Go
South Beach

soy based

180	10	4	26	14
250	4	3	51	15
120	3	3	22	12
200	14	6	22	7
280	13	5	50	26
150	8	3	28	14
170	11	2.5	26	13
140	10	5	15	7

diabetes

PreMade Shakes

Muscle Milk Light
Muscle Milk
Extreme
Pure Pros
OhYeah!

160	20	5	9	3
330	32	16	13	7
270	50	3	3	3
70	35	1	5	2
130	18	5	3	2

Egg White Protein Powder is 100% Egg Whites and has no other added ingredients.

http://www.incredibody.com/index.php?main_page=product_info&cPath=67&products_id=185

Incredibody (per scoop)	40	10	0	0	0
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