



### 3BAR \$1.99-\$2.49

Developed by triathlete Erin DeMarines with the triathlete in mind, 3Bar was adapted from her grandma's cookie recipe into a healthy treat that's great before a workout or as a snack. The taste and texture are excellent, much like a cookie, but not too sweet. The all-natural bars are made with ingredients such as almond butter, dark chocolate and blueberries, and it's available in tropical tri, cocoa crunch and blueberry blast. [Tri3bar.com](http://Tri3bar.com)

**(TROPICAL TRI FLAVOR)**  
**1.83 OUNCES/52 GRAMS**  
**CALORIES: 210**  
**TOTAL FAT: 8 GRAMS**  
**CARBS: 23 GRAMS**  
**SUGAR: 7 GRAMS**  
**PROTEIN: 12 GRAMS**

### ABBOTT NUTRITION ZONE PERFECT BAR \$1.29

These bars are available in more than 20 different flavors, from apple cinnamon to dark chocolate caramel pecan, so there's something for every palate. They're an excellent source of protein, but they sit a little heavier than other bars—best saved for post-workout or as on-the-go meal replacement. The chocolate-y flavors will cater to your sweet tooth, but they pack more sugar than other bars the same size. [Zoneperfect.com](http://Zoneperfect.com)

**(CHOCOLATE PEANUT BUTTER FLAVOR)**  
**1.76 OUNCES/50 GRAMS**  
**CALORIES: 210**  
**TOTAL FAT: 7 G TOTAL FAT**  
**CARBS: 24 GRAMS**  
**SUGAR: 15 GRAMS**  
**PROTEIN: 14 GRAMS**

### PERFECT FOODS BAR \$27.99-\$28.99 FOR 12

San Diego-based Perfect Foods Bars, endorsed by top pros such as Matty Reed, have the primary ingredients peanut butter and honey, making them a great source of protein. However, that combo means they also need to be stored in the fridge or else the Rice Krispies-esque texture becomes oily. These all-natural bars are available in peanut butter, fruit & nut, carob chip, cranberry crunch (lite) and almond flavors. Don't dwell too long on the list of primarily organic ingredients such as red bell pepper, alfalfa and kelp—we promise you won't taste them. [Perfectfoodsbar.com](http://Perfectfoodsbar.com)

**(FRUIT & NUT FLAVOR)**  
**2.7 OUNCES/77 GRAMS**  
**CALORIES: 293**  
**TOTAL FAT: 15 GRAMS**  
**CARBS: 26 GRAMS**  
**SUGAR: 16 GRAMS**  
**PROTEIN: 19 GRAMS**

### GOODONYA BAR \$2.79-\$2.99

Created by former Olympic field hockey player Kris Fillat, the GoodOnYa handmade bars are a good source of protein, fiber and vitamin E, and the breakfast bar flavor goes great with a cup of coffee right before a weekend long ride. The motto for the bars is "every ingredient matters," and the bars are made from 100 percent organic ingredients. They aren't overly sweet or heavy, making them a great pre- or post-workout bar. They're also available in peanut butter chocolate. [Thegoodonyabar.com](http://Thegoodonyabar.com)

**(PEANUT BUTTER HONEY FLAVOR)**  
**2 OUNCES/57 GRAMS**  
**CALORIES: 273**  
**TOTAL FAT: 15.6 GRAMS**  
**CARBS: 22.1 GRAMS**  
**SUGAR: 10.3 GRAMS**  
**PROTEIN: 10.1 GRAMS**