



# THM-Friendly Protein Bars

## STORE BOUGHT OPTIONS

### Think! Keto Bars

Chocolate Peanut Butter Pie (S)

Chocolate Peanut Butter Cookie Dough (S)

Chocolate Mousse Pie (Personal Choice, S)

### Quest Bars (Naturally Sweetened)

DoubleChunk Chocolate (Personal Choice, S)

Strawberry Cheesecake (Personal Choice, S)

Lemon Cream Pie (Personal Choice, S)

Coconut Cashew (Personal Choice, S)

Banana Nut Muffin (Personal Choice, S)

Cinnamon Roll (Personal Choice, S)

Chocolate Peanut Butter (Personal Choice, S)

### Others - not ideal for weight loss but OK in an urgent situation

Built Bars (FP, Personal Choice)

Kind Bars Dark Chocolate and Sea Salt (S, Personal Choice)

Epic Bars (S if there are 2 grams of sugar or less)

### Trim Healthy Mama Bars

Trim Healthy Bar Chocolate Brownie Fix (FP).

Trim Healthy Bar Strawberry Baobab Bliss (S).



# THM-Friendly Protein Bars

RECOMMENDED RECIPES

## Favorite Recipes

Instant Cookie Dough Protein Bar (FP) p.428

Trim Healthy Table

Flax Seed Protein Bar (S) p. 401 Original THM Book

Praline Protein Bars (FP) p. 391 THM Cookbook

Wake Up Trim Down Banana Bars (E) p.344

Trim Healthy Table

Chocolate Chip Peanut Butter Cookie Bars (S) p.429

Trim Healthy Table

Chocolate Berry Boost Bars (S) p.431 Trim Healthy Table

Ultimate E Bars (E) p.432 Trim Healthy Table (my favorite!)

JoyFilledEats Granola Bars (S)

THM's Protein Pleasure Cookies (not a bar, but worth making!)