

# Snack Cheat Sheet

PRODUCT	Sugar g/tsp	Protein	Fiber	Organic	Inflammatory Ingredients	Our score
<b>Bars</b>						
<a href="#">Paleo Valley Superfood Bar (Chocolate)</a>	3g / 0.75 tsp	11g	9g	Yes	None	9/10
<a href="#">Mama Chia Squeeze (Blackberry Bliss)</a>	7g / 1.75 tsps.	2g	4g	Yes	None	8/10
<b>Gomacro (Banana + Almond)</b>	13g / 3.25 tsps	10g	3g	Yes	Not many	7/10
<b>Perfect Bar (Almond Coconut)</b>	20g / 5 tsps.	8g	6g	Yes	None	6/10
<b>Lara Bar (Cherry Pie)</b>	23g / 5.75 tsps.	5g	4g	No	None	5/10
<b>Clif Bar (Apricot)</b>	23g / 5.5 tsps	9g	4g	Mostly	Not many but high in sugar	5/20
<b>Kind Bar (F &amp; N)</b>	7g / 1.75 tsps.	6g	3g	No	Peanuts, soy	5/10
<b>Vega Bar</b>	18g / 4.5 tsps	12g	3g	Some	Many	2/10
<b>Think Thin (Lemon Delights)</b>	0 (22g alcohol sugars)	20g	0g	No	Many, esp protein isolates and alcohol sugars	0/10
<b>Glutino (Frosted Strawberry Toaster Pastry)</b>	19g / 5 tsps	<1g	5g	No	Many	0/10
<b>Quest Bar (Blueberry Cobbler)</b>	2g / 0.5 tsp	21g	15g	No	Artificial sweeteners, dairy, processed protein isolates	0/10
<b>Meat sticks and jerky</b>						
<a href="#">Palleo Valley (beef sticks)</a>	0 / 0	6g	0	Yes	None	10/10
<b>The New Primal (Turkey Jerky)</b>	4g / 1 tsp	12g	0	No	None	7/10
<b>Epic (Beef)</b>	6g / 1.5 tsp	7g	1g	No	None	7/10

Coupon Code **Magdalena30** to get 30% OFF  
Paleo Valley

*Hormones*  
& BALANCE