

Bhu Fit Bars – Another Protein Bar...

written by Mike Roberto | August 2, 2016



Food bars have come along way over the past 20+ years. In the early days, the only real options were typical carb heavy, breakfast type bars such as granola bars or Nutri-Grain bars. Then a few years later, the first handful of protein bars hit the market, but those were either dry and crumbly or tougher than shoe leather.

When Quest Bars finally strode onto the scene, it looked like our collective prayers had been answered, but not as much for the holistic crowd. The natural food eaters out there have been in dire need of bars that are made of *real food*, not a collective mixture of sweeteners, syrups, stabilizers, binders, and 25-letter-long ingredient names. That's where a little company called **Bhu Fit** comes to the rescue.

Their line of **Bhu Fit Protein Bars** consist of nothing but real natural foods that even a child could pronounce. Their high in protein and free of any Frankenfoods you'll see in 90% of other protein bars.

You can read all about them below, but first take a moment to check the best deal and sign up for PricePLOW alerts:

BHU Fit – Deals and Price Drop Alerts

Get Price Alerts

Get BHU Fit alerts

Also get hot deal alerts

No spam, no scams.

Disclosure: PricePLOW relies on pricing from stores with which we have a business relationship. We work hard to keep pricing current, but you may find a better offer.

Posts are sponsored in part by the retailers and/or brands listed on this page.

Bhu Fit Protein Bar Lines

Bhu Fit's Protein Bars are made from high-quality ingredients that use non-GMO, low sugar, and low carb ingredients. They can fit into the daily diet of any holistic bodybuilder or really anyone looking for the most natural option possible that's also interested in lower carb and higher protein. What's better is that they have **three different lines of bars** to fit your individual dietary protocols.

- **Bhu Vegan Bars**



It may be vegan, but it looks pretty tasty to us!

Vegans generally have a tough time finding a high quality protein bar out there that isn't loaded to the gills with soy protein. This is mostly attributed to the fact that 99% of all protein bars include whey protein in some form or other.

Bhu Fit's line of vegan bars utilize the powerful pea protein, which has been shown in research to be just as effective as whey when it comes to building lean muscle.[1] Other ingredients you'll find in the bars include apples, chocolate chips, pumpkin seeds, coconut oil, and cinnamon.

What you won't find? Stevia, inulin, sucralose, IMOs (Vita-Fiber), and most notably SOY! This is a vegan bar we could get behind, but it does depend on the taste and texture.

You can read the details on our post titled [Bhu Fit Vegan Protein Bars: Finally a LEGIT Vegan Option.](#)

BHU Fit Vegan Protein Bar – Deals and Price Drop Alerts

Get Price Alerts

Get Vegan Protein Bar Price Alerts Get BHU Fit alerts Get Protein Bars price drops

Also get hot deal alerts

No spam, no scams.

Disclosure: PricePLOW relies on pricing from stores with which we have a business relationship. We work hard to keep pricing current, but you may find a better offer.

Posts are sponsored in part by the retailers and/or brands listed on this page.

• Primal



Here's the Primal Chocolate Coconut Almond with a dash of extra protein powder sprinkled on top.

Primal eaters are those that allow for all types of animal products provided they haven't been tainted by the hands of the mega farmer and his collective of antibiotics, hormones, and corn. This means that whey is definitely an option, but only **grass-fed whey**, which is precisely what Bhu Fit uses in this line of bars.

Whey protein is really the ideal form of protein when it comes to protein bars as it's easy to flavor, high in protein (80-90% protein)[2], and low in carbs and fat.

You may be thinking that the Primal line of bars are the exact same as the Vegan except they've swapped the pea protein for whey. NOPE! There are **three completely different flavors** in the Primal line that utilize other tasty ingredients like pecans, vanilla, shredded coconut, and dark chocolate.

BHU Fit Primal Protein Bar – Deals and Price Drop Alerts

Get Price Alerts

Get Primal Protein Bar Price Alerts Get BHU Fit alerts Get Protein Bars price drops

Also get hot deal alerts

No spam, no scams.

Disclosure: PricePlow relies on pricing from stores with which we have a business relationship. We work hard to keep pricing current, but you may find a better offer.

Posts are sponsored in part by the retailers and/or brands listed on this page.

• Paleo



So many choices, so little time...

Paleo are the more hardcore primal eaters out there that typically eschew all forms of dairy, grains, legumes, and processed foods in general. So that means whey protein and all its relatives are off limits. For the Paleo line of bars,

Bhu Fit utilizes **Egg White Protein**, which is hardly ever incorporated into protein bars.

It's often thought that whey protein is the superior form of protein, but in actuality egg protein is just as good in terms of bioavailability with a biological value ranking scale with a score of 100.[3]

The one drawback to this line is that there's only one flavor option at the moment, so technically not a "line" of bars, but more of a singular option. Either way, Bhu Fit has found a way to include even the most fringe crowd of the natural eaters out there.

BHU Fit Paleo Protein Bar – Deals and Price Drop Alerts

Get Price Alerts

Get Paleo Protein Bar Price Alerts Get BHU Fit alerts Get Protein Bars price drops

Also get hot deal alerts

No spam, no scams.

Disclosure: PricePLOW relies on pricing from stores with which we have a business relationship. We work hard to keep pricing current, but you may find a better offer.

Posts are sponsored in part by the retailers and/or brands listed on this page.

Flavors Available

Both the Vegan and Primal line of bars have three options each to choose from, while that Paleo "line" only has a single option, as we stated up top:

• Vegan

- **Peanut Butter + Chocolate Chip**
- **Apple Chunk + Cinnamon + Nutmeg**
- **Dark Chocolate + Tart Cherry + Pistachio**

• Primal

- **Vanilla + Almond + Cashew**
- **Salted Caramel + Pecan**
- **Dark Chocolate + Coconut + Almond**

- **Paleo**

- **Double Dark Chocolate Chip**

Macros

Check out the ingredients of the three bars, only NATURAL ingredients here no Franken-foods!

All three lines of Bhu Fit’s protein bars weigh in at a hefty 45g and generally fall pretty close in regards to macros. There are slight variances depending on flavor though. If some of these numbers seem higher than your typical protein bar, remember that these bars use only natural ingredients, so you won’t even find the “trendy” sweeteners like Stevia here. These bars are **real food** through and through.

- **Calories:** 180 – 220
- **Protein:** 11 – 15g
- **Carbs:** 9 – 17g (1 – 4g sugar)
- **Fiber:** 8 – 10g
- **Fats:** 10 – 17g

Takeaway

The protein bar market has been sorely needing a higher number of real food options out there for people that are trying to get away from all things factory made. FitJoy is pushing all-natural to the next level, but it still may have some ingredients that make holistic eaters pause.

Bhu Fit looks to capitalize on the emerging trend of more natural products and embracing the holistic eaters out there. As always, when it comes to the natural options, the real crux is always taste, texture, and price. These three things often keep the more wholesome options out there on the backburner for most people as they either taste like crap or are WAY overpriced.

If Bhu Fit can find a way to make these addictive like Quest Bars and not outrageously priced, we may see a new king of the protein bar world.

BHU Fit – Deals and Price Drop Alerts

Get Price Alerts

Get BHU Fit alerts

Also get hot deal alerts

No spam, no scams.

Disclosure: PricePLOW relies on pricing from stores with which we have a business relationship. We work hard to keep pricing current, but you may find a better offer.

Posts are sponsored in part by the retailers and/or brands listed on this page.

References

1. Babault et al; "Pea proteins oral supplementation promotes muscle thickness gains during resistance training: a double-blind, randomized, Placebo-controlled clinical trial vs. Whey protein"; *Journal of the International Society of Sports Nutrition*; 2015; Retrieved from <https://www.jissn.com/content/pdf/s12970-014-0064-5.pdf>
2. McDonough FE, et al; "Composition and properties of whey protein concentrates from ultrafiltration"; *J Dairy Sci.*; 1974; Retrieved from <https://pubmed.ncbi.nlm.nih.gov/4443458>
3. Hoffman, Jay R., and Michael J. Falvo; "Protein – Which Is Best?"; *Journal of Sports Science & Medicine*; September 2004; 118–130; Retrieved from <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3905294/>