

Square Meals

Breakfast and snack bars can provide a quick boost when you're crunched for time. But not all bars are created equal. Dietitian Marissa Lippert, author of *The Cheater's Diet*, shares her picks based on various nutritional needs, so you'll know just what to grab next time you're on the go. —STEPHANIE PALUMBO



CLOCKWISE FROM TOP RIGHT: COURTESY OF GNU FOODS; COURTESY OF KASHI; COURTESY OF THE PURE BAR; COURTESY OF LÄRABAR; COURTESY OF SHEFFA FOODS; COURTESY OF 18 RABBITS; COURTESY OF TOM DOLLE DESIGN.