

3 stk. småkager

630 kJ, 1,6 g protein



25 g Beef Jerky

290 kJ, 10,3 g protein



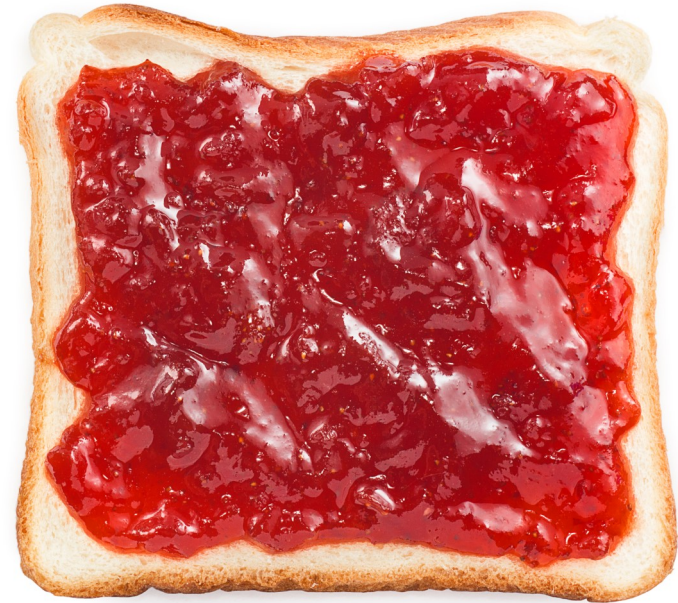
1 æg

350 kJ, 7,2 g protein



1 skive franskbrød m. smør
& marmelade

900 kJ, 3,3 g protein



2 stk. kiks m. smør og ost

1100 kJ, 9,1 g protein



2 stk. Babybel

510 kJ, 9,2 g protein



1 skive franskbrød
m. smør og ost

1030 kJ, 8,2 g protein



4-5 stk Salami Snack Bites
(20 g)

320 kJ, 6,0 g protein



20 g nødder/mandler

440 kJ, 4,1 g protein



2 x 12 g ost
Cathedral City cheddar

410 kJ, 6,0 g protein



1 Barebells Proteinbar

820 kJ, 20,0 g protein



Arla Explorers osteknas (10 g)

240 kJ, 4,8 g protein



100g Kramers is

450 kJ, 6-7 g protein



Cheasy skyr i bæger (170g)

730 kJ, 17,0 g protein



Cheasy drikkeyoghurt (250 ml)

520 kJ, 15,2 g protein



Cultura i bæger (170g)

740 kJ, 9,0 g protein



Rugbrød med skrabet smør og mager pålæg

700 kJ, 9,9 g protein



1 stor banan (120 g)

410 kJ, 1,6 g protein



1 ostehaps (18 g)

220 kJ, 3,4 g protein



1 pose snackgulerødder
(250 g)

410 kJ, 2,0 g protein



1 lille marcipanbrød (25 g)

550 kJ, 2,5 g protein



3 stk kransekage (40,5 g)

700 kJ, 3,2 g protein

