

ACTIVLAB®

recipes

I'm Fit

less than 1000 calories  
in 5 meals!

- a high protein, low calorie meal any time of the day
- complements the popular catering diet offer
- meals fortified with whey protein and chicken protein hydrolysate





only 188.5 kcal

preparation time

2 minutes

NUTRITIONAL VALUE /  
NÄHRWERTE

100 g 1 sachet / Beutel 50 g

Energy value / Brennwert	376.8 kcal/ 1593.4 kJ	188.5 kcal/ 797.1 kJ
Fat / Fett	4.6 g	2.3 g
of which saturates / davon gesättigte Fettsäuren	1.8 g	0.9 g
Carbohydrates / Kohlenhydrate	55.8 g	27.9 g
of which sugars / davon Zucker	4.8 g	2.4 g
Fibre / Ballaststoffe	4.5 g	2.3 g
Protein / Eiweiß	25.8 g	12.9 g
Salt / Salz	1.0 g	0.50 g

# Energy Breakfast:



## High Protein Flakes

With pieces of strawberry.

- **high fibre content**
- **low sugar content**

### Preparation:

Mix the sachet content with 200 ml of water, milk or yogurt.  
Wait 1 minute to have soft flakes.



only 330 kcal

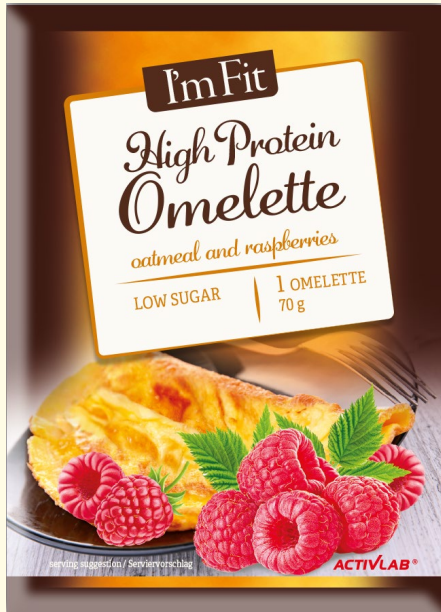
preparation time

5 minutes

NUTRITIONAL VALUE /  
NÄHRWERTE

100 g 1 sachet / Beutel 70 g

Energy value / Brennwert	471,9 kcal/1972,6 kJ	330,3 kcal/1380,8 kJ
Fat / Fett	25,1 g	17,6 g
of which saturates / davon gesättigte Fettsäuren	8,8 g	6,2 g
Carbohydrates / Kohlenhydrate	16,8 g	11,8 g
of which sugars / davon Zucker	1,4 g	1,0 g
Fibre / Ballaststoffe	2,6 g	1,8 g
Protein / Eiweiß	43,4 g	30,4 g
Salt / Salz	2,23 g	1,56 g



## High Protein Omelette

With oatmeal and raspberries.

- low sugar content
- egg protein and whey protein concentrate
- freeze-dried additives
- 1 sachet = 1 omelette


### Preparation:

Mix the sachet content with 100 ml of water.

Pour the dough in the pan with light olive oil. Fry until golden in colour.

### Suggestion:

You can also serve as muffins. Mix the sachet content with 100 ml of water and a teaspoon of fat (e.g. coconut oil). Pour out the dough into a backing tray and bake in the oven, heated to 180°C for 20 minutes.



only 115 kcal

preparation time  
1 minute

NUTRITIONAL VALUE / NÄHRWERTE	100 g	Portion 30 g
Energy value / Brennwert	1616 kJ / 382 kcal	485 kJ / 115 kcal
Fat / Fett	6,6 g	2 g
of which saturates / davon gesättigte Fettsäuren	4,2 g	1,3 g
Carbohydrates / Kohlenhydrate	11,7 g	3,5 g
of which sugars / davon Zucker	4 g	1,2 g
Protein / Eiweiß	69 g	20,7 g
Salt / Salz	0,41 g	0,12 g
Caffeine / Coffein	200 mg	60 mg
Magnesium / Magnesium	337,5 mg (90%*)	101,25 mg (27%*)
Vitamin B6 / Vitamin B6	2,33 mg (166,7%*)	0,7 mg (50%*)

\* - % of nutrient reference value / % des Nährstoffbezugswertes

# High Protein Latte - Make it your daily ritual!

Coffee with a high content of protein, magnesium and vitamin B6.



- 60 mg of caffeine per serving
- no sugar
- aspartame free

## **Preparation:**

Mix the sachet content with 200 ml water or milk at room temperature.

## **Suggestion 1.**

You can top the latte with cinnamon (in addition to a great taste it has antioxidant properties and accelerates metabolism). On hot days, you can put two ice cubes into the finished drink.

## **Suggestion 2.**

The product is also suitable as a high protein cheesecake base. Mix 3 eggs with 250 grams of cottage cheese, add two sachets of high protein latte and half a teaspoon of baking powder. The cheesecake can be sweetened by adding your favourite sweetener or a teaspoon of honey. Mix and pour out into a backing tray. Bake in the oven for 45 minutes at 180°C.

only 106 kcal

preparation time

2 minutes

NUTRITIONAL VALUE / NÄHRWERTE	100 g	Portion 30 g
Energy value / Brennwert	340 kcal / 1440 kJ	102 kcal / 432 kJ
Fat / Fett	3.4 g	1 g
of which saturates / davon gesättigte Fettsäuren	2.6 g	0.8 g
Carbohydrates / Kohlenhydrate	52.4 g	15.7 g
of which sugars / davon Zucker	7.2 g	2.2 g
Fibre / Ballaststoffe	3 g	0.9 g
Protein / Eiweiß	23.5 g	7.1 g
Salt / Salz	6.77 g	2.03 g



# And for the other half of the day...



## High Protein Cream

In pumpkin flavor.

A warm, high protein content meal - easy to prepare.

- contains dried vegetables
- high fibre content
- contains chicken protein hydrolysate

### Preparation:

In a cup or bowl, mix the sachet content with 200ml boiling water.

### Suggestion 1.

The pumpkin cream can be spiced with a few tabasco drops and added almond flakes. Hot spices favour the body's metabolism.

### Suggestion:

Mix the sachet content with 100 ml water and get a thick sauce that can be used successfully with roast meat or potato pancakes.



only 240 kcal

preparation time

5 minutes

NUTRITIONAL VALUE /  
NÄHRWERTE / 1 Sachet 70 g

		-	Garlic
Energy value / Brennwert	240 kcal/1017,2 kJ	240,5 kcal/1019,7 kJ	
Fat / Fett	0,3 g	0,3 g	
of which saturates / davon gesättigte Fettsäuren	0,14 g	0,14 g	
Carbohydrates / Kohlenhydrate	41,2 g	41,2 g	
of which sugars / davon Zucker	3 g	2,7 g	
Fibre / Ballaststoffe	4,5 g	4,3 g	
Protein / Eiweiß	16 g	16,2 g	
Salt / Salz	2,04 g	2,04 g	



## High Protein Potato Pancakes

Available in two flavors: classic and with garlic.  
One sachet allows of the preparation four tasty pancakes.

- high protein content
- high fibre content
- no fat
- easy to prepare

### Preparation:

Mix well the sachet content with 200-220 ml of cold water.  
Leave until thickened. Fry on heated fat to a golden brown colour.

# Less than 1000 kcal in 5 meals!

Breakfast: High Protein Oat Flakes  
12,9 g of protein 188,5 kcal

High Protein Latte  
20,7 g of protein 115 kcal

Elevenses: High Protein Omelette  
30,4 g of protein 330 kcal

Lunch: High Protein Cream Soup  
7,1 g of protein 106 kcal

Supper: High Protein Potato Pancakes  
16 g of protein 240 kcal

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TOTAL: 979,5 kcal

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