



GET  
FIT

Six delicious low carb recipes





## with tuna and bell pepper

Nutritional values	Per 100 g	Total
Energy	97 kcal/406 kJ	291 kcal/1219 kJ
Fat	2.1 g	6.3 g
Carbohydrates	3.7 g	11.1 g
Protein	14.8 g	44.3 g

super low values 

70 g diced bell pepper

2 tablespoons white balsamic vinegar

130 g tuna in its own juice

1 tea spoon lemon juice

1 small onion (approx. 30 g)

salt, pepper, chilli

1 slice Original Protein Bread (40 g)

... SENSATIONALLY LOW CARBOHYDRATES  
EXCELLENT NUTRITIONAL VALUES ...







## with tomato and cucumber

Nutritional values	Per 100 g	Total
Energy	89 kcal/375 kJ	160 kcal/675 kJ
Fat	3.2 g	5.7 g
Carbohydrates	3.4 g	6.1 g
Protein	10.1 g	18.1 g

super low values 

50 g herbal curd light

30 g cucumber

60 g tomato

salt, pepper

1 slice Original Protein Bread (40 g)

... SENSATIONALLY LOW CARBOHYDRATES  
EXCELLENT NUTRITIONAL VALUES ...







## with smoked trout

Nutritional values	Per 100 g	Total
Energy	113 kcal/478 kJ	250 kcal/1052 kJ
Fat	4.5 g	10.0 g
Carbohydrates	2.4 g	5.4 g
Protein	14.6 g	32.0 g

super low  
values



70 g smoked trout

60 g diced cucumber

50 g cottage cheese

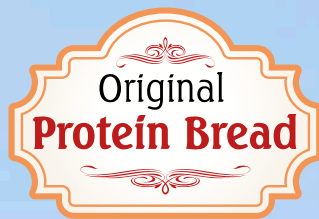
salt, pepper, chili

1 slice Original Protein Bread (40 g)

... SENSATIONALLY LOW CARBOHYDRATES  
EXCELLENT NUTRITIONAL VALUES ...







More than 40% of the people in Europe go to the gym or do other sports to stay fit. Apart from health, almost everyone has the same goal: to look good. Every fitness trainer knows that nutrition plays an almost bigger role than the training itself. Consequently, the recommendation is a diet, which is protein-rich and low in carbohydrates in the evening.

This is exactly why we developed the Original Protein Bread. With only 5.9% of carbohydrates and 26.5% of protein, this Original Protein Bread is a little sensation and your ideal training partner. In this brochure we have collected a selection of easy to prepare recipes for you.

Through the display of the exact nutritional values, we show you how easy a reduction of carbohydrates can be in the evening. With an extra portion of taste, without sacrifice. Here six quick and easy recipes for an evening bread with a sensationally low carbohydrate level between 2.3 % and 4.5 %.





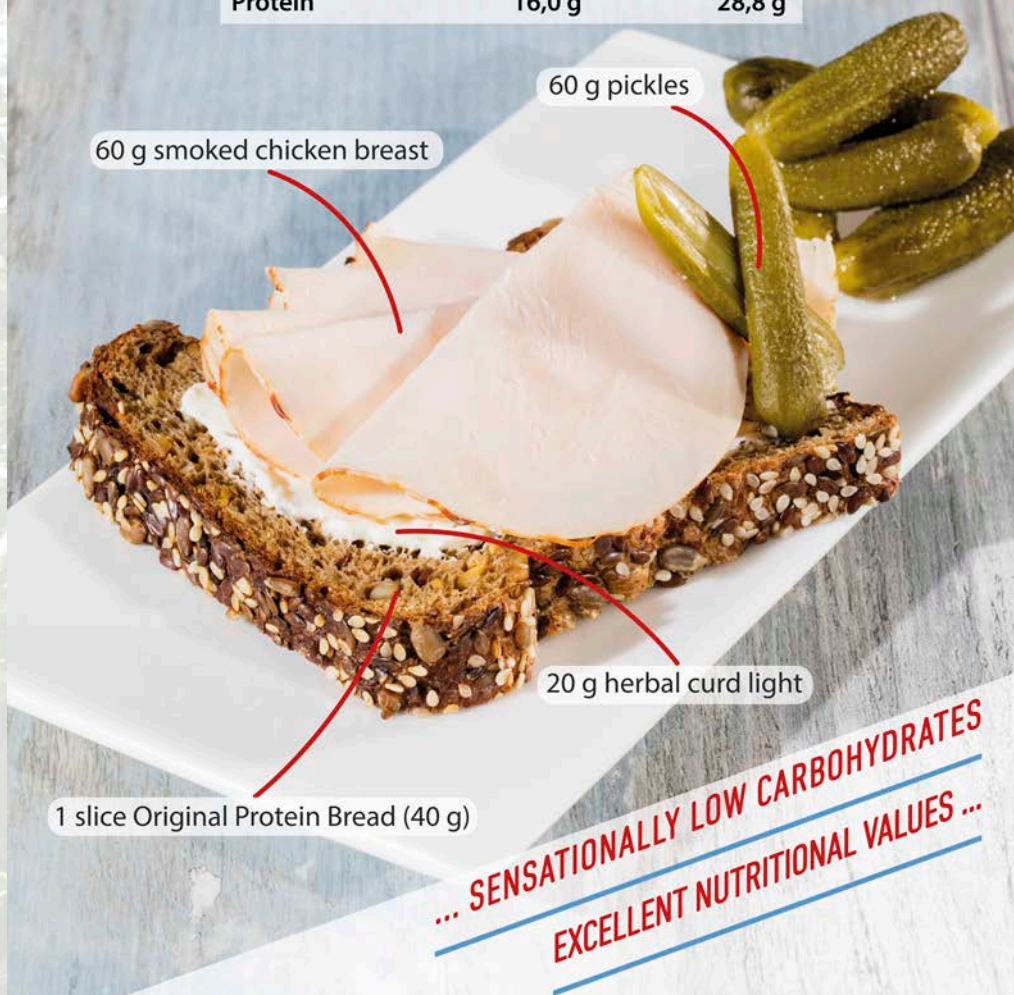




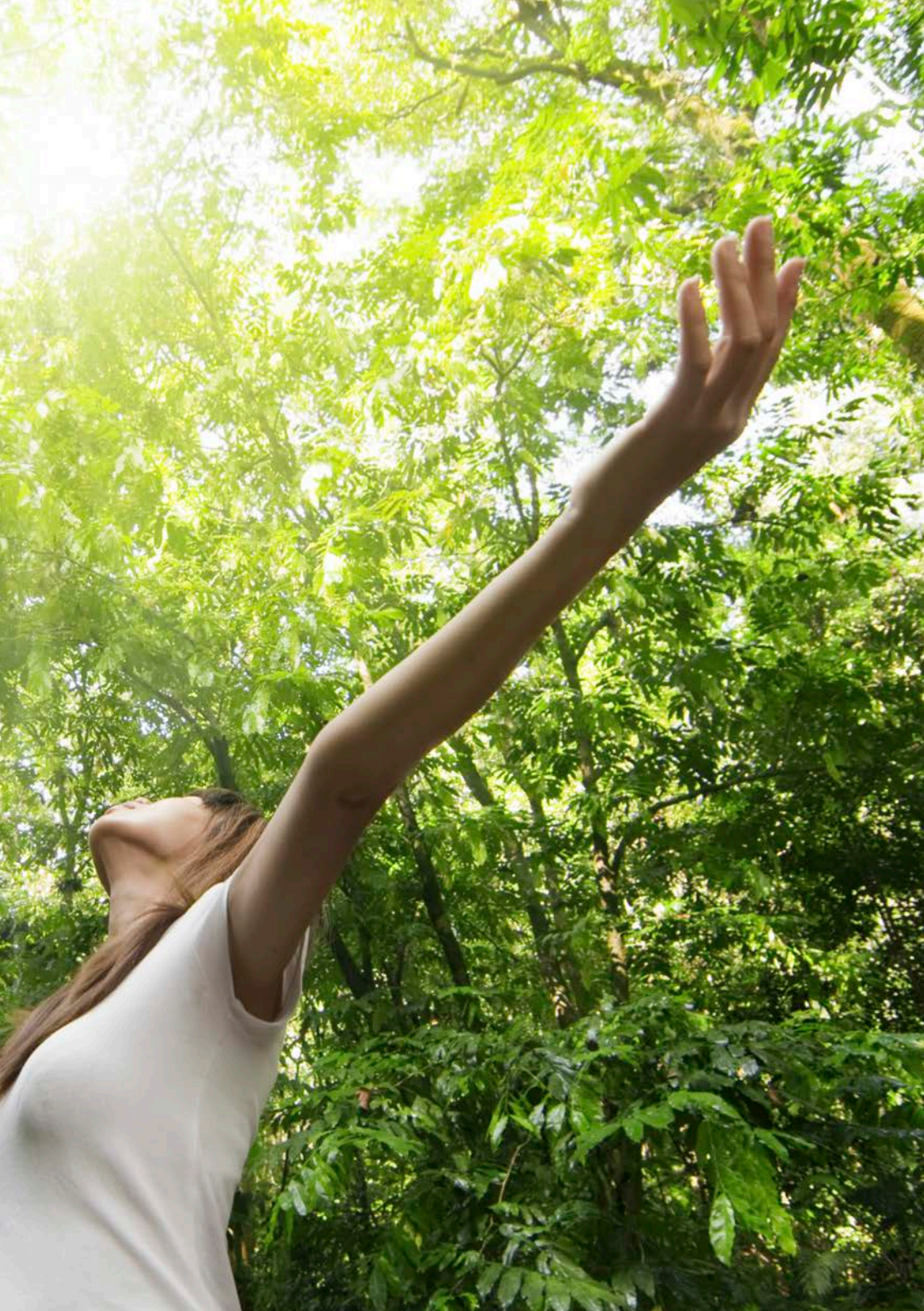
## with smoked chicken breast

Nutritional values	Per 100 g	Total
Energy	112 kcal/470 kJ	202 kcal/846 kJ
Fat	3,4 g	6,2 g
Carbohydrates	2,3 g	4,2 g
Protein	16,0 g	28,8 g

super low values 







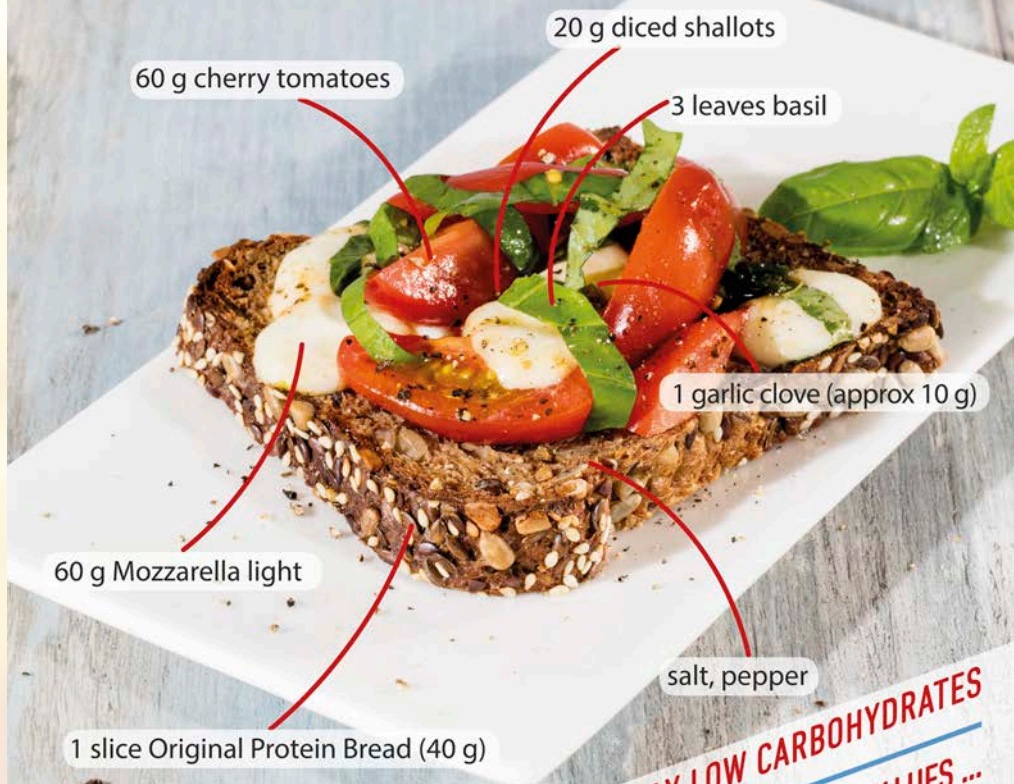




## bruschetta with mozzarella

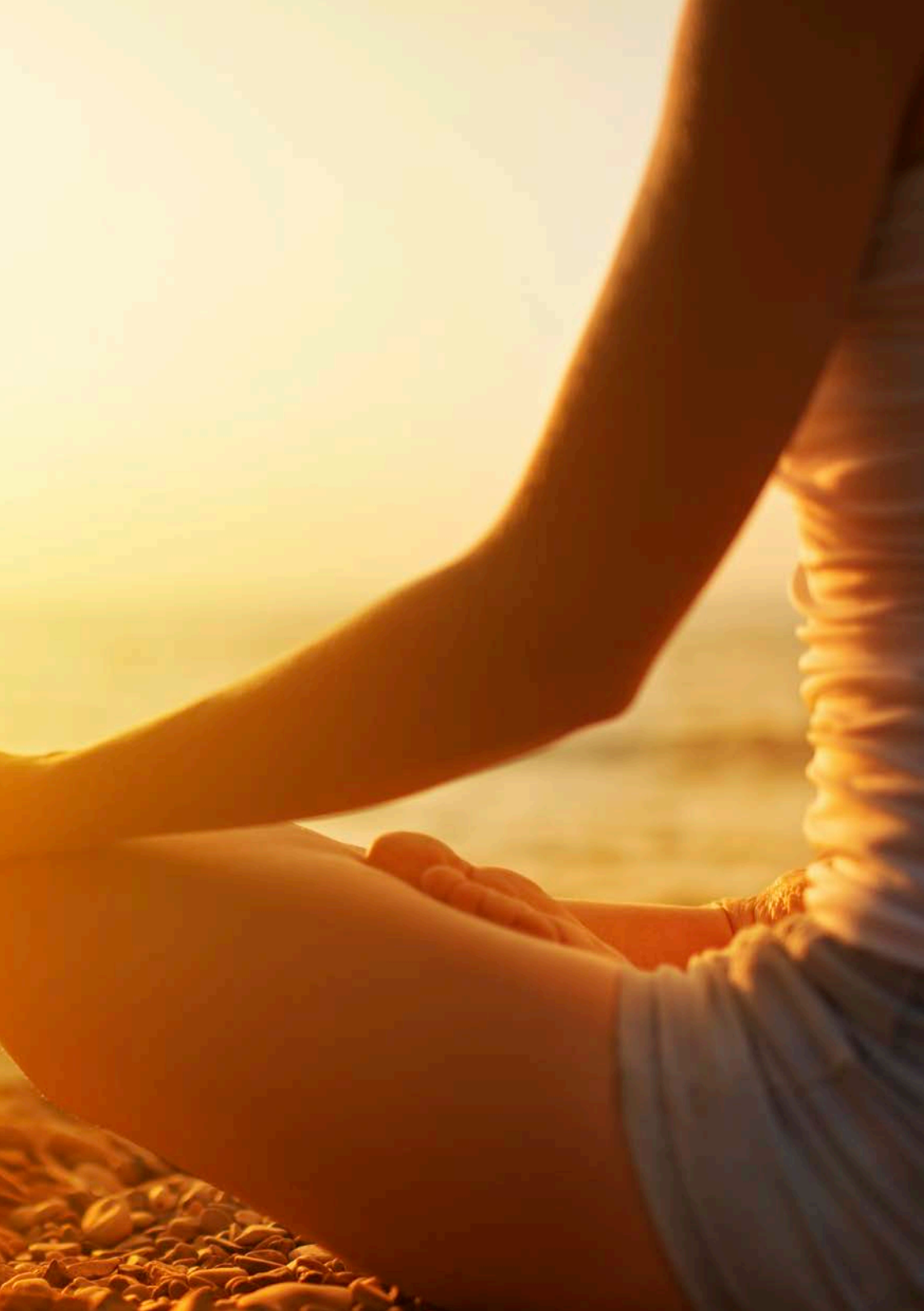
Nutritional values	Per 100 g	Total
Energy	121 kcal/508 kJ	224 kcal/941 kJ
Fat	5,3 g	9,8 g
Carbohydrates	4,6 g	8,4 g
Protein	12,2 g	22,5 g

super low values 



... SENSATIONALLY LOW CARBOHYDRATES  
EXCELLENT NUTRITIONAL VALUES ...







## with rolled fillet of ham and cornichons

Nutritional values	Per 100 g	Total
Energy	116 kcal/488 kJ	208 kcal/879 kJ
Fat	3.9 g	7.1 g
Carbohydrates	2.6 g	4.7 g
Protein	16.2 g	29.1 g

super low values



... SENSATIONALLY LOW CARBOHYDRATES  
EXCELLENT NUTRITIONAL VALUES ...





