

THE PRTN BAR - MACRO OVERZICHT

Product	Portie	kcal	Eiwit	Koolhydraten	Vet
Burrito Sin Carne	1	±700 kcal	33 g	89 g	24 g
Gegrilde Kip Roll	1	±625 kcal	39 g	47 g	31 g
Caprese Protein Bun	1	592 kcal	39,8 g	29,8 g	33,0 g
Pulled Chicken Sandwich	1	±826 kcal	41,3 g	44,7 g	50,1 g
Tempeh Sandwich	1	±736 kcal	36,5 g	67 g	35 g
High Protein Tuna Sandwich	1	±576 kcal	42,5 g	47 g	23 g
Grilled Cheese	1	±560 kcal	31 g	42 g	29 g
Grilled Cheese & Chicken	1	±760 kcal	41 g	43 g	41 g
Caprese Melt	1	±575 kcal	28 g	41 g	31 g
Tuna Melt	1	±690 kcal	46 g	45 g	35 g
Pulled Chicken Meal	1	±710 kcal	46 g	43 g	39 g
Caesar Salad	1	±490 kcal	25 g	24 g	32 g
Caesar Salad + 120 g Gegrilde Kip	1	±715 kcal	60 g	25 g	42 g
Vegan Mood	1	±760 kcal	36 g	77 g	34 g
Pasta Pesto	1	±825 kcal	31 g	91 g	38 g
Pasta Pesto + 120 g Gegrilde Kip	1	±1.050 kcal	67 g	92 g	50 g
Chicken Burger (120 g kip)	1	±740 kcal	45 g	48 g	39 g
Chicken Tenders	150 g + 50 g BBQ	±560 kcal	34 g	42 g	27 g
Pizza Roll	1	±590 kcal	36 g	48 g	27 g
High Protein Vegan Carrot Cupcake	1 van 20	±228 kcal	±8 g	±14 g	±17 g
Poffertjes	12 stuks	±118 kcal	±5 g	±18 g	±3 g
Vegan Protein Kaneel-Bananencake	1 van 9	±256 kcal	±7 g	±30 g	±12 g
PRTN Biscoff Overnight Oats	1 van 10	±413 kcal	±29 g	±44 g	±15 g

Product	Portie	kcal	Eiwit	Koolhydraten	Vet
Matcha Rocky Road	100 g	±530 kcal	±12 g	±39 g	±37 g
High Protein Cheesecake	1 van 12	±335 kcal	±15 g	±25 g	±19 g
High Protein Brownie	1 brownie	±430 kcal	±17 g	±30 g	±28 g