

# OVERNIGHT OATS

PROTEIN - NO ADDED SUGAR

HEALTHY  
SNACKS BY  
DIETSYNC



## CHOCOLATE OVERNIGHT OATS



Chia Seeds, Chocolate Soya Drink, Oats, Peanut Butter, Dark Chocolate, Hazelnut Sweetener

360kcal / P:18g C:42g F:13g



## BISCOFF OVERNIGHT OATS



Chia Seeds, Soya Drink, Oats, Vanilla Sweetener, Lotus Biscoff Biscuit, Lotus Biscoff Spread

331kcal / P:15.2g C:40g F:12g



## PEANUT BUTTER JAM OVERNIGHT OATS



Chia Seeds, Soya Drink, Oats, Vanilla Sweetener, Strawberry Jam, Peanut Butter

328kcal / P:18g C:42g F:12g



## COCONUT OVERNIGHT OATS



Chia Seeds, Soya Drink, Oats, Coconut Sweetener, Ground Coconut, Almonds

329kcal / P:17g C:36g F:13g



## STRAWBERRY WHITE CHOCOLATE OVERNIGHT OATS

Chia Seeds, Soya Drink, Oats, Strawberry Sweetener, Strawberry Jam, White Chocolate

326kcal / P:16g C:45g F:10g



## BANANA CINNAMON OVERNIGHT OATS



Chia Seeds, Soya Drink, Oats, Banana Sweetener, Bananas, Peanut Butter, Walnuts, Cinnamon

360kcal / P:19g C:41g F:15g



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# CHIA PUDDINGS

PROTEIN - NO ADDED SUGAR - LOW CALORIE

## CHOCOLATE CHIA PUDDING



Chia Seeds, Chocolate Soya Drink,  
Soya Drink, Hazelnut Sweetener,  
Homemade Granola

268kcal / P:15.2g C:21.8g F:12.4g



## PEANUT BUTTER JAM CHIA PUDDING



Chia Seeds, Soya Drink, Oats,  
Vanilla Sweetener, Strawberry Jam,  
Peanut Butter

222kcal / P:14g C:21g F:12.5g



## BISCOFF CHIA PUDDING



Chia Seeds, Soya Drink,  
Lotus Biscoff Spread, Vanilla Sweetener,  
Lotus Biscoff Biscuit

249kcal / P:12g C:24g F:13g



## COCONUT CHIA PUDDING



Chia Seeds, Soya Drink,  
Ground Coconut,  
Coconut Sweetener, Almonds

277kcal / P:15g C:19g F:18g



## STRAWBERRY WHITE CHOCOLATE CHIA PUDDING

Chia Seeds, Soya Drink, Strawberry Jam,  
Strawberry Sweetener, White Chocolate

219kcal / P:11.4g C:25g F:11g



## BANANA CINNAMON CHIA PUDDING



Chia Seeds, Soya Drink,  
Banana Sweetener,  
Cinnamon, Walnuts, Bananas

237kcal / P:14g C:21g F:13.g



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# PROTEIN PUDDINGS

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## COCONUT SPIRULINA PROTEIN POT



Coconut, Oats, Spirulina, Vanilla  
Sweetener, Chia Seeds, Soya Drink

220kcal / P:14g C:24g F:8g



## COCONUT MATCHA PROTEIN POT



Coconut Yoghurt, Oats, Matcha,  
Vanilla Sweetener, Chia Seeds,  
Soya Drink

222kcal / P:14g C:21g F:12.5g



## TURMERIC MANGO PROTEIN POT



Mango, Oats, Turmeric, Vanilla  
Sweetener, Chia Seeds, Soya Drink

210kcal / P:13g C:23g F:8g



## PEANUT BUTTER GRANOLA YOGHURT

Low Fat Greek Yoghurt, Honey,  
Homemade Granola, Peanut Butter

280kcal / P:22g C:31g F:10g



## YOGHURT CHIA PROTEIN PUDDING

Chia Seeds, Soya Drink, Vanilla Sweetener,  
Low Fat Greek Yoghurt, Strawberries, Oats

180kcal / P:18g C:19g F:4g



## STRAWBERRY OREO PROTEIN PUDDING

Low Fat Greek Yoghurt, Tropical Whey  
Protein, Strawberries, Oreo Biscuits

170kcal / P:24g C:17g F:2g



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# BANANA BREAD

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## OREO BANANA BREAD



Flour, Vanilla Soya Protein, Baking Powder, Bananas, Peanut Butter, Honey, Soya Drink, Oreo Biscuits

220kcal / P:10g C:34g F:6g



## DOUBLE CHOCOLATE BANANA BREAD



Flour, Chocolate Soya Protein, Cocoa, Baking Powder, Bananas, Peanut Butter, Honey, Soya Drink, Dark Chocolate

220kcal / P:10g C:33g F:6.5g



## STRAWBERRY WHITE CHOCOLATE BANANA BREAD

Flour, Strawberry Soya Protein, Baking Powder, Bananas, Peanut Butter, Honey, Soya Drink, White Chocolate, Strawberries

210kcal / P:11g C:30g F:6g



## BISCOFF BANANA BREAD



Flour, Caramel Soya Protein, Baking Powder, Bananas, Biscoff Spread, Honey, Soya Drink, Biscoff Biscuits

220kcal / P:8g C:35g F:6g

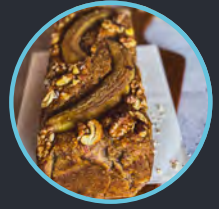


## WALNUT BANANA BREAD



Flour, Vanilla Soya Protein, Baking Powder, Bananas, Peanut Butter, Honey, Soya Drink, Walnuts, Cinnamon, Chia Seeds

240kcal / P:12g C:30g F:10g




## CARROT CAKE BANANA BREAD

Flour, Caramel Soya Protein, Baking Powder, Bananas, Peanut Butter, Honey, Soya Drink, Walnuts, Carrots, Cinnamon, Greek Yoghurt, Cream Cheese, Caramel Whey Protein

220kcal / P:12g C:28g F:8.5g



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# BANANA BREAD

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## CHOCOLATE ORANGE BANANA BREAD



Flour, Chocolate Soya Protein, Cocoa, Baking Powder, Bananas, Peanut Butter, Honey, Soya Drink, Dark Chocolate, Orange  
240kcal / P:11g C:33g F:9g



## APPLE CRUMBLE BANANA BREAD



Flour, Vanilla Soya Protein, Baking Powder, Bananas, Peanut Butter, Honey, Soya Drink, Apples, Homemade Granola, Cinnamon  
230kcal / P:11g C:33g F:7g



## PISTACHIO WHITE CHOCOLATE BANANA BREAD

Flour, Vanilla Soya Protein, Baking Powder, Bananas, Peanut Butter, Honey, Soya Drink, Pistachios, White Chocolate  
210kcal / P:11g C:30g F:6g




## BLUEBERRY LEMON BANANA BREAD

Flour, Vanilla Soya Protein, Blueberries, Baking Powder, Bananas, Peanut Butter, Honey, Soya Drink, White Chocolate, Lemon, Cream Cheese  
210kcal / P:10g C:32g F:6g



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# PROTEIN MUFFIN

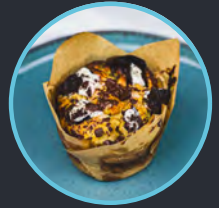
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## OREO MUFFIN



Flour, Vanilla Soya Protein, Baking Powder, Bananas, Peanut Butter, Honey, Soya Drink, Oreo Biscuits

290kcal / P:13g C:45g F:7g

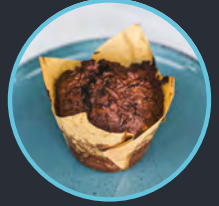


## CHOCOLATE MUFFIN



Flour, Chocolate Soya Protein, Cocoa, Baking Powder, Bananas, Peanut Butter, Honey, Soya Drink, Dark Chocolate

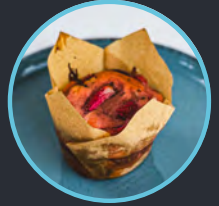
300kcal / P:14g C:44g F:10g



## STRAWBERRY MUFFIN

Flour, Strawberry Soya Protein, Baking Powder, Bananas, Peanut Butter, Honey, Soya Drink, White Chocolate, Strawberries

290kcal / P:14g C:42g F:8g



## BISCOFF MUFFIN



Flour, Caramel Soya Protein, Baking Powder, Bananas, Biscoff Spread, Honey, Soya Drink, Biscoff Biscuits

300kcal / P:11g C:47g F:8g

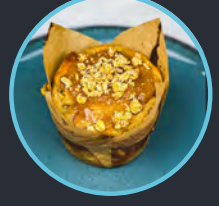


## APPLE MUFFIN



Flour, Vanilla Soya Protein, Baking powder, Banana, Peanut Butter, Honey, Soya Drink, Apple, Homemade Granola, Cinnamon

300kcal / P:15g C:45g F:9g



## CARROT WALNUT MUFFIN



Flour, Vanilla Soya Protein, Baking Powder, Bananas, Peanut Butter, Honey, Soya Drink, Walnuts, Chia Seeds, Carrots, Cinnamon

310kcal / P:16g C:38g F:13g



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# PROTEIN BROWNIES

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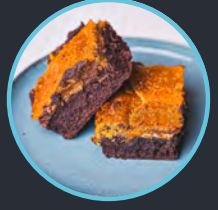
## CHEESE PROTEIN BROWNIES

Chocolate Soya Protein, Flour, Cocoa, Honey, Baking Powder, Greek Yoghurt, Peanut Butter, Soya Drink, Cream Cheese, Vanilla Soya Protein, Dark Chocolate, Eggs  
150kcal / P:13g C:16g F:5g



## BISCOFF PROTEIN BROWNIES


Caramel Soya Protein, Flour, Cocoa, Honey, Baking Powder, Greek Yoghurt, Lotus Biscoff Spread, Soya Drink, Biscoff Vanilla, Eggs  
220kcal / P:11g C:27g F:8g



## OREO PROTEIN BROWNIES

Chocolate Soya Protein, Flour, Cocoa, Honey, Baking Powder, Greek Yoghurt, Peanut Butter, Soya Drink, Oreo Biscuits, Eggs  
220kcal / P:14g C:24g F:9g



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# PROTEIN BARS

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## CHOCOLATE PROTEIN BARS

Peanuts, Dates, Oats,  
Chocolate Whey Protein, Cocoa,  
Soya Drink, Honey, Dark Chocolate  
230kcal / P:14g C:25g F:11g



## COCONUT PROTEIN BARS

White Chocolate, Ground Coconut,  
Cream Cheese, Greek Yoghurt,  
Whey Protein  
200kcal / P:13g C:15.2g F:11g



## BISCOFF PROTEIN BARS

Lotus Biscoff Spread, Oat Flour,  
Caramel Whey Protein, Soya Drink  
260kcal / P:12g C:29g F:12g



## ORANGE PROTEIN BARS

Dark Chocolate, Peanut Butter,  
Oat Flour, Chocolate Whey Protein,  
Soya Drink, Orange Zest  
250kcal / P:14g C:28g F:12g



## LEMON PROTEIN BARS


White Chocolate, Oat Flour,  
Tropical Whey Protein, Soya Drink,  
Lemon Zest  
230kcal / P:14g C:25g F:8.5g



## COOKIES & CREAM PROTEIN BARS

Peanut Butter, Oat Flour, Soya Drink,  
Caramel Whey Protein, Honey, Cocoa,  
Oreo Biscuits, White Chocolate  
260kcal / P:15g C:24g F:12g



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# PROTEIN BARS

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## STRAWBERRY PROTEIN BARS

Strawberry Sweetener, Oat Flour,  
Strawberry Whey Protein, Ground Coconut,  
Greek Yoghurt, White Chocolate  
230kcal / P:14g C:25g F:11g



## PISTACHIO PROTEIN BARS

Pistachio Butter, Dates, Oat Flour,  
Tropical Whey Protein, Peanut Butter,  
Soya Drink, Honey, Pistachios  
210kcal / P:15g C:21g F:8g



## GOJI BERRY PROTEIN BARS

Oat Flour, Peanut Butter, Caramel  
Whey Protein, White Chocolate,  
Goji Berries, Soya Drink  
250kcal / P:15g C:22g F:12g



## NUTELLA PROTEIN BARS

Hazelnut Butter, Oat Flour, Soya Drink,  
Chocolate Whey Protein, Honey, Cocoa,  
Hazelnuts, Dark Chocolate  
250kcal / P:14g C:22g F:15g




## CHOCOLATE PROTEIN DOUKISSA

Chocolate Soya Protein, Bananas,  
Dark Chocolate, Peanut Butter,  
Light Digestive Biscuits  
300kcal / P:11g C:36g F:15g



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# PROTEIN BALLS

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## CHOCOLATE PROTEIN BALLS

Peanuts, Dates, Oats,  
Chocolate Whey Protein, Cocoa,  
Soya Drink, Honey

50kcal / P:4g C:6g F:2g



## COCONUT PROTEIN BALLS

White Chocolate, Ground Coconut,  
Cream Cheese, Greek Yoghurt,  
Whey Protein

50kcal / P:3g C:4g F:2.5g



## BISCOFF PROTEIN BALLS

Lotus Biscoff Spread, Oat Flour,  
Caramel Whey Protein, Soya Drink,  
Lotus Biscoff Biscuit

60kcal / P:4g C:8g F:2g



## ORANGE PROTEIN BALLS

Dark Chocolate, Peanut Butter,  
Oat Flour, Chocolate Whey Protein,  
Soya Drink, Orange Zest

60kcal / P:4g C:6.8g F:3g



## LEMON PROTEIN BALLS

White Chocolate, Oat Flour,  
Tropical Whey Protein, Soya Drink,  
Lemon Zest

50kcal / P:4g C:7g F:2g



## COOKIES & CREAM PROTEIN BALLS

Peanut Butter, Oat Flour, Soya Drink,  
Caramel Whey Protein, Honey, Cocoa,  
Oreo Biscuits, White Chocolate

60kcal / P:4g C:6.8g F:3g





# PROTEIN BALLS

PROTEIN - NO ADDED SUGAR - NO FLOUR

## BERRY PROTEIN BALLS

Strawberry Sweetener, Cream Cheese, Strawberry Whey Protein, Ground Coconut, Oat Flour, White Chocolate

60kcal / P:4g C:6g F:2.7g



## PISTACHIO PROTEIN BALLS


Pistachios, Dates, Oat Flour, Tropical Whey Protein, Soya Drink, Honey, Peanut Butter

60kcal / P:4g C:7g F:3g



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# PROTEIN COOKIES

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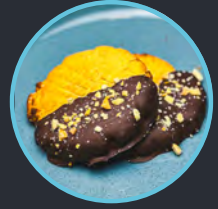
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## PEANUT BUTTER PROTEIN COOKIES



Oat Flour, Flour, Peanut Butter, Honey,  
Baking Powder, Vanilla Soya Protein,  
Soya Drink, Dark Chocolate, Peanuts  
250kcal / P:12g C:26g F:12g



## CHOCOLATE PROTEIN COOKIES



Oat Flour, Cocoa, Flour, Peanut Butter,  
Honey, Baking Powder, Chocolate Soya  
Protein, Soya Drink, Dark Chocolate  
240kcal / P:12g C:25g F:11g



## ALMOND PROTEIN COOKIES

Almonds, Flour, Peanut Butter, Honey,  
Baking Powder, Vanilla Soya Protein,  
Soya Drink, White Chocolate  
260kcal / P:13g C:24g F:14g



## BISCOFF PROTEIN COOKIES




Oat Flour, Flour, Lotus Biscoff Spread,  
Honey, Baking Powder, Caramel Soya  
Protein, Soya Drink, Lotus Biscoff Biscuit  
240kcal / P:9g C:29g F:10g



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# ENERGY BARS / COOOGES

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## STRAWBERRY OATMEAL COOKIES



Jumbo Oats, Bananas, Peanut Butter, Dark Chocolate, Strawberries, Honey  
190kcal / P:6g C:24g F:8.5g



## CRANBERRY OATMEAL COOKIES



Jumbo Oats, Bananas, Peanut Butter, White Chocolate, Cranberries, Honey  
200kcal / P:6g C:27g F:8.5g



## PROTEIN FLAPJACKS

Jumbo Oats, Peanut Butter, Dark Chocolate, Honey, Caramel Whey Protein, Soya Drink  
250kcal / P:14g C:23g F:13g



## ENERGY BARS




Jumbo Oats, Peanut Butter, Dark Chocolate, Honey, Goji Berries, Hazelnuts, Pistachios, Soya Drink  
290kcal / P:11g C:32g F:14.5g



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