



KETO PROTEIN

bestdiet







≡ **LOW CARB**
^ **HIGH PROTEIN FOOD**
Food

- 4 ■ FROZEN PIZZAS
- 6 ■ PIZZA BASE
- 6 ■ SANDWICH BREAD WITH OAT FLAKES
- 7 ■ BREAD ROLLS
- 7 ■ BREAD WITH SEEDS
- 8 ■ MEXICAN TORTILLAS
- 9 ■ MEX. TORTILLAS WITH CHIA
- 9 ■ MINI TOAST
- 10 ■ BARBECUE CHIPS
- 10 ■ CHEESE CHIPS
- 11 ■ SOUR CREAM & ONION CHIPS
- 11 ■ COCONUT OIL
- 12 ■ ORANGE SPREAD
- 12 ■ APRICOT SPREAD
- 13 ■ STRAWBERRY SPREAD
- 13 ■ CHOCO CREAM
- 14 ■ CHOCO CRUNCHY BAR
- 14 ■ DARK CHOCOLATE FLAVOUR BAR
- 15 ■ CHOCOLATE COOKIES
- 15 ■ ORANGE & CHOCO COOKIES
- 16 ■ CLASSIC MUFFINS
- 16 ■ RED FRUITS MUFFINS
- 17 ■ CHOCOLATE CHIPS MUFFINS
- 18 ■ COOKIES & CREAM CHOCO SNACK
- 18 ■ COCONUT CHOCO SNACK
- 19 ■ YOGURT CHOCO SNACK
- 20 ■ CHOCOLATE SHAKE
- 20 ■ VANILLA SHAKE
- 21 ■ STRAWBERRY SHAKE

bestdiet



FROZEN PIZZAS READY TO EAT

Delicious low-carb protein pizzas; now ready to eat!

We have something for every taste: Four Cheese Pizza, Pepperoni Pizza, and Ham and Cheese Pizza. Made with top quality ingredients and a crispy crust that will leave everyone speechless. Who said you can't treat yourself and eat healthy? Ideal for spoiling yourself without overdoing it. Dare to try them!

FOUR CHEESE PIZZA

380g

INGREDIENTS: Base (Protein blend (WHEAT Protein, SOY Protein, Rice Protein), WHEAT Flour, SOY Flour, Salt, Yeast, Emulsifier (Lecithins (SOY) and Mono and diglycerides of fatty acids), Sunflower oil). Filling (Mozzarella analogue (Vegetable fat, Casein (MILK), Modified starch, Casein cream (MILK), Melting salts (Sodium citrates and Polyphosphates), Salt, Stabilisers (Tara gum), Preservative (Sorbic acid), Natural flavouring, Acidifier (Citric acid), Colouring (Carotenes), Processed Emmental (Emmental cheese (MILK), Modified starch, Casein cream (MILK), Processed salts (Sodium citrates, Polyphosphates and Disodium phosphate), Salt, Preservative (Sorbic acid), Natural flavouring, Colouring (Paprika extract)), Processed Cheddar (Cheddar cheese (MILK), Cream (MILK), Cream (MILK), Natural flavouring, Colouring (Paprika extract)), Processed Cheddar (Cheddar cheese (MILK), Cream (MILK), Modified starch, Casein (MILK), Gelatine, Melting salts (Sodium citrates, Polyphosphates and Trisodium phosphate), Salt, Preservative (Sorbic acid), Natural flavouring, Colouring (Paprika extract)), Gouda analogue (Vegetable fat, Casein (MILK), Modified starch, Melting salts (Sodium citrates, Polyphosphates and Trisodium phosphate), Salt, Preservative (Sorbic acid), Natural flavouring, Colouring (Paprika extract)), Gouda analogue (Vegetable fat, Casein (MILK), Modified starch, Casein (MILK), Modified starch, Molten salts (Sodium citrates, Polyphosphates), Salt, Stabiliser (Tara gum), Preservative (Sorbic acid), Natural flavouring, Acidifier (Citric acid), Colouring (Paprika extract)), Tomato sauce (100% tomato), Blue cheese (MILK) crumbled.

Nutrition facts	100g	95g (1/4)
Energy value	1055 kJ/ 252 kcal	1002 kJ/ 239 kcal
Fats of which saturates	13g 5,9g	12g 5,6g
Carbohydrates of which sugars	9,8g 1,9g	9,3g 1,8g
Dietary fibre	3,9g	3,7g
Proteins	22g	21g
Salt	1,6g	1,5g

-64% Less of carbohydrates
-86% More of protein.
 -Low sugar content.
 (Compared to conventional product).





HAM AND CHEESE PIZZA

380g

INGREDIENTS:

Base (Protein Mix (WHEAT Protein, SOY Protein, Rice Protein), WHEAT Flour, SOY Flour, Salt, Yeast, Emulsifier (Lecithins (SOY) and Mono and diglycerides of fatty acids), Sunflower Oil) and Filling (Mozzarella (21%) (Pasteurised cow's MILK, MILK Protein, Salt, Acidulant (Citric Acid), Preservative (Potassium Sorbate), Anticaking agent (Starch)), Pork Ham (33,33%) (Ham (82%), Salt, Glucose syrup, Antioxidants (Sodium Citrates and Sodium Ascorbate), Flavourings, Vegetable fibre, Preservatives (Ethyl lauroyl arginate and Sodium Nitrite), Spice extract) and Tomato sauce (100% tomato).

Nutrition facts	100g	95g (1/4)
Energy value	919 kJ/ 219 kcal	873 kJ/ 208 kcal
Fats of which saturates	9,4g 4,2g	8,9g 4g
Carbohydrates of which sugars	8,7g 1,8g	8,3g 1,7g
Dietary fibre	3,9g	3,7g
Proteins	23g	22g
Salt	1,4g	1,3g

EAN: ES / EN / PT / DE

-64% Less of carbohydrates
-Two times more protein.
-Low sugar content.
(Compared to conventional product).



PEPPERONI PIZZA

380g

INGREDIENTS:

Base (Protein mix (WHEAT Protein, SOY Protein, Rice Protein), WHEAT Flour, SOY Flour, Salt, Yeast, Emulsifier (Lecithins (SOY) and Mono and diglycerides of fatty acids), Sunflower oil) and Filling (Mozzarella (Pasteurized cow's MILK, MILK Protein, Salt, Acidulant (Citric Acid), Preservative (Potassium Sorbate), Anticaking Agent (Starch)), Pork Ham (33.33%) (Ham (82%), Salt, Acidulant (Citric Acid), Preservative (Potassium Sorbate), Anticaking Agent (Starch)), Pepperoni (Pork lean and bacon (95%), Salt, Paprika, Soya Protein, Corn Dextrose, Garlic and Spices, Antioxidants (Sodium Ascorbate and Sodium Erythorbate), Preservatives (Sodium Nitrite), Coating: Preservatives (Potassium Sorbate and Natamycin)) and Tomato Sauce (100% tomato).

Nutrition facts	100g	95g (1/4)
Energy value	1.142 kJ/ 273 kcal	1.085 kJ/ 259 kcal
Fats of which saturates	16g 6,0g	15g 5,7g
Carbohydrates of which sugars	8,6g 1,7g	8,2g 1,6g
Dietary fibre	3,9g	3,7g
Proteins	22g	21g
Salt	1,7g	1,6g

EAN: ES / EN / PT / DE

-67% Less of carbohydrates
-86% More of protein.
-Low sugar content.
(Compared to conventional product).





PIZZA BASE

2 units of 90g

INGREDIENTS: Bread Mix [Protein Mix (WHEAT Protein, Sunflower Seed Flour, SOYA Protein), Whole WHEAT Flour, SOYA Meal, WHEAT Bran, Linseed, SOYA Flour, Linseed meal, OATS fibre, Salt, Emulsifier (SOY Lecithin), Acidity regulator (Sodium diacetate)], Water, High oleic sunflower oil, Grape juice concentrate, Yeast, Natural flavouring.

Nutrition facts	100g	Serving 45g
Energy value	1024 kJ/ 244 kcal	461 kJ/ 110 kcal
Fats of which saturates	11g 1,6g	4,9g 0,7g
Carbohydrates of which sugars	12g 3,1g	5,4g 1,4g
Dietary fibre	13g	5,9g
Proteins	28g	13g
Salt	1,4g	0,6g

Int. Ref. Number: 3303
EAN: ES / EN / PT / DE

·72% less carbohydrates.

·Four times more protein.

(Compared to conventional product)
(Contains 4 servings of 45g. One serving corresponds to half a pizza).

·Low sugar content.

·Source of fibre.



SANDWICH BREAD WITH OAT FLAKES

365g

INGREDIENTS: Protein mix (35%) WHEAT protein, SOYA protein, LUPIN protein, Water, SOYA flour, WHEAT flour, Whole WHEAT flour, SOYA semolina, SOYA bran, Sugar, OAT fibre, Salt, Emulsifier (sunflower lecithin), Acidity regulator (sodium diacetate), Inactive yeast, Yeast, Coconut fat, Preservative (Acid sorbic), Laminated OAT.

Nutrition facts	100g	2 Slices 50g
Energy value	728 kJ/ 174 kcal	364 kJ/ 87 kcal
Fats of which saturates	4,2g 0,6g	2,1g 0,3g
Carbohydrates of which sugars	10,1g 2,4g	5,1g 1,2g
Dietary fibre	6,1g	3,0g
Proteins	20,3g	10,1g
Salt	0,8g	0,4g

Int. Ref. Number: 3323
EAN: ES / EN / PT / DE

·80% less carbohydrates.

·170% more protein.

(Compared to conventional product).

·Low sugar content.

·High fibre content.





BREAD ROLLS

7 units of 50g

INGREDIENTS: Bread mix [whole WHEAT flour, mix protein (WHEAT protein, SOYA protein, protein of sunflower seeds), flaxseed, SOYA semolina, SOYA flour, WHEAT bran, OAT fibre, emulsifier (lecithin from SOYA), salt, acidity regulator (sodium diacetate)], Water, WHEAT flour, sunflower oil, yeast, WHEAT bran, Preservative (calcium propionate).

Nutrition facts	100g	Bread rolls 50g
Energy value	971 kJ/ 232 kcal	485 kJ/ 116 kcal
Fats of which saturates	4,8g 1g	2,4g 0,5g
Carbohydrates of which sugars	11,9g 2,4g	5,9g 1,2g
Dietary fibre	13,3g	6,6g
Proteins	27g	13,5g
Salt	1,2g	0,6g

Int. Ref. Number: 3330
EAN: EN / DE



BREAD WITH SEEDS

500g

INGREDIENTS: Bread mix (49.8%): [(WHEAT protein, SOYA protein, LUPINE protein, SOYA flour, Brown and Yellow linseed, Sunflower seed, Whole WHEAT flour, WHEAT bran, Apple fibre, SESAME Seed, Salt, Roasted BARLEY Malt Flour, Emulsifier (SOYA lecithin), Acidity regulator (sodium diacetate)], Water, Fibre mix (Bamboo fibre, Inulin, WHEAT fibre), High oleic sunflower oil, Potato starch, Rice starch, Flavouring (Bread flavouring) and Preservatives (Calcium propionate and Sorbic acid).

Nutrition facts	100g	2 Slices 50g
Energy value	1167 kJ/ 279 kcal	620 kJ/ 148 kcal
Fats of which saturates	16g 2,8g	8,5g 1,5g
Carbohydrates of which sugars	6,3g 1,8g	3,3g 1g
Dietary fibre	8,7g	4,6g
Proteins	22g	11g
Salt	1,2g	0,6g

Int. Ref. Number: 3331
EAN: EN / DE



- Half the carbohydrates.
- Three times more protein (Compared to conventional product).
- Low sugar content.
- High fibre content.

- 4.2% less carbohydrates.
- Three times more protein (Compared to conventional product).
- Low sugar content.
- High fibre content.



MEXICAN TORTILLAS

8 units of 40g

INGREDIENTS: WHEAT flour (42%), Water, Protein mix (WHEAT protein, pea protein, rice protein), Rapeseed oil, Moisturiser (Glycerol), Linseed meal, OAT vegetable fibre, Quinoa flour, Dextrose, Iodised table salt (salt, potassium iodate), Emulsifier (sunflower lecithin), Acidity regulators (sodium diacetate and malic acid).

Nutrition facts	100g	1 Tortilla 40g
Energy value	1.329 kJ/ 316 kcal	533 kJ/ 127 kcal
Fats of which saturates	8,4g 1,2g	3,4g 0,5g
Carbohydrates of which sugars	35g 1,7g	14g 0,7g
Dietary fibre	6,2g	2,5g
Proteins	22g	8,8g
Salt	1,3g	0,52g

·35% less carbohydrates.

·Double the protein.

(Compared to conventional product).

·Low sugar content.

·High protein content.



Int. Ref. Number: 3305

EAN: EN / DE





MEXICAN TORTILLAS WITH CHIA 4 units of 40g

INGREDIENTS: Water, WHEAT GLUTEN, WHEAT fibre, WHEAT Flour, Palm vegetable fat, Modified WHEAT starch, Chia seeds (2.6%), Emulsifier (Monoglycerides and diglycerides of fatty acids), Salt, Acidulants (Malic acid and citric acid), Raising agents (Diphosphates and Sodium acid carbonate), Preservatives (Potassium sorbate and Calcium propionate), Stabilizer (Guar gum), Inactive yeast.

Nutrition facts	100g	1 Tortilla 40g
Energy value	1,285 kJ/ 310 kcal	514 kJ/ 124 kcal
Fats of which saturates	15,0g 6,7g	6,0g 2,7g
Carbohydrates of which sugars	5,8g 1,1g	2,3g 0,4g
Dietary fibre	24,1g	9,6g
Proteins	25,7g	10,3g
Salt	1,7g	0,7g

- 89% less carbohydrates.
- Triple the protein.
- (Compared to conventional product).
- Low sugar content.
- High protein content.



EAN: ES / POR



MINI TOAST 100g

INGREDIENTS: Vegetable protein powder (rice, maize, sorghum and WHEAT), WHEAT flour, Yeast, Salt, Water.

Nutrition facts	100g	10 Pieces 30g
Energy value	1.598 kJ/ 382 kcal	479,3 kJ/ 114,6 kcal
Fats of which saturates	5,6g <0,05g	1,68g <0,01g
Carbohydrates of which sugars	17,3g 4,5g	5,2g 1,35g
Dietary fibre	2,6g	0,78g
Proteins	65,9g	19,8g
Salt	1,3g	0,3g

- 5,2g of carbohydrates.
- 66% protein.
- (Values per serving).
- Low sugar content.



Int. Ref. Number: 3307
EAN: ES / EN / PT / DE



BARBECUE CHIPS

30g

INGREDIENTS: Pea protein, Lentil flour, Potato starch, Rice flour, Sunflower oil, Barbecue flavour (Maltodextrin, Salt, Flavour, Smoke flavour, Acid (Citric acid)) and Sunflower lecithin.

Nutrition facts	100g	30g
Energy value	1.945 kJ/ 465 kcal	584 kJ/ 139 kcal
Fats of which saturates	18,6g 1,4g	5,6g 0,4g
Carbohydrates of which sugars	26,4g 1g	7,9g 0,3g
Dietary fibre	1,9g	0,6g
Proteins	46,8g	14g
Salt	2,5g	0,8g

-7,9g of carbohydrates.
-47% protein.
(Values per bag).
-Low sugar content.

VEGAN



Int. Ref. Number: 3324
EAN: ES / EN



CHEESE CHIPS

30g

INGREDIENTS: Pea protein, Lentil flour, Potato starch, Rice flour, Sunflower oil, Tex-mex Cheese flavour (Maltodextrin, Salt, Flavour, Cheese flavour, Sucralose, Acid (Citric acid), Colouring (Paprika extract), Spices) and Sunflower lecithin.

Nutrition facts	100g	30g
Energy value	1.945 kJ/ 465 kcal	584 kJ/ 139 kcal
Fats of which saturates	18,6g 1,4g	5,6g 0,4g
Carbohydrates of which sugars	26,4g 1g	7,9g 0,3g
Dietary fibre	1,9g	0,6g
Proteins	46,8g	14g
Salt	2,5g	0,8g

-7,9g of carbohydrates.
-47% protein.
(Values per bag).
-Low sugar content.

VEGAN



Int. Ref. Number: 3325
EAN: ES / EN



SOUR CREAM & ONION CHIPS

30g

INGREDIENTS: Pea protein, Lentil flour, Potato starch, Rice flour, Sunflower oil, Sour Cream flavour (Spice, Glucose syrup, Salt, Flavour enhancers (Monosodium glutamate and Disodium inosinate), Flavour, Sugar, Tomato powder, Acid (Citric acid, Sodium acetates and Malic acid)) and Sunflower lecithin.

Nutrition facts	100g	30g
Energy value	1.945 kJ/ 465 kcal	584 kJ/ 139 kcal
Fats of which saturates	18,6g 1,4g	5,6g 0,4g
Carbohydrates of which sugars	26,4g 1g	7,9g 0,3g
Dietary fibre	1,9g	0,6g
Proteins	46,8g	14g
Salt	2,5g	0,8g

·7,9g of carbohydrates.
·47% protein.
(Values per bag).
-Low sugar content.

VEGAN



Int. Ref. Number: 3326
EAN: ES / EN



COCONUT OIL

185g

INGREDIENTS: 100% Coconut oil.

Nutrition facts	100g	15g
Energy value	3.746 kJ/ 892 kcal	561,9 kJ/ 133,8 kcal
Fats of which saturates	99,06g 82,48g	14,86g 12,37g
Carbohydrates of which sugars	0g 0g	0g 0g
Dietary fibre	0g	0g
Proteins	0g	0g
Salt	0g	0g

·Ideal for your recipes.
·For cooking, baking and frying.

VEGAN



Int. Ref. Number: 3308
EAN: ES / POR



ORANGE SPREAD

185g

INGREDIENTS: Water, Orange puree (40%), Pectin, Acidity regulator (citric acid), Orange flavouring, Preservative (potassium sorbate), Sweetener (sucralose), Antioxidant (vitamin C), Sweetener (stevia).

Nutrition facts	100g	20g
Energy value	247 kJ/ 59 kcal	49 kJ/ 12 kcal
Fats of which saturates	<0,5g <0,1g	<0,5g <0,1g
Carbohydrates of which sugars	10,6g 3,1g	2,1g 0,6g
Dietary fibre	1g	0,2g
Proteins	1,5g	0,3g
Salt	1,3g	0,2g

-84% less carbohydrates.
(Compared to conventional product).

·Low sugar content.

VEGAN 



Int. Ref. Number: 3309
EAN: ES / POR



APRICOT SPREAD

185g

INGREDIENTS: Water, Apricot puree (46.4%), Citrus fibre Pectin, Hardener (calcium lactate), Antioxidant (vitamin C), Flavouring (apricot flavouring), Acidity regulator (citric acid), Preservative (potassium sorbate) Sweeteners (sucralose and stevia).

Nutrition facts	100g	20g
Energy value	136 kJ/ 33 kcal	27,3 kJ/ 6,5 kcal
Fats of which saturates	<0,5g <0,1g	<0,5g <0,1g
Carbohydrates of which sugars	5,3g 0,5g	1,06g 0,1g
Dietary fibre	2g	0,4g
Proteins	0,4g	0,09g
Salt	1,1g	0,2g

-89% less carbohydrates.

(Compared to conventional product).

·Low sugar content.

VEGAN 



Int. Ref. Number: 3311
EAN: ES / POR



STRAWBERRY SPREAD

185g

INGREDIENTS: Water, Strawberry paste (40%), Pectin, Colour (beet red), Collagen, Acidity regulator (citric acid), Strawberry flavouring, Preservative (potassium sorbate), Sweetener (sucralose), Antioxidant (vitamin C), Sweetener (stevia).

Nutrition facts	100g	20g
Energy value	243 kJ/ 58 kcal	49 kJ/ 12 kcal
Fats of which saturates	<0,5g <0,1g	<0,5g <0,10g
Carbohydrates of which sugars	<11,3g <2,5g	2,3g 0,5g
Dietary fibre	1,0g	0,2g
Proteins	1,5g	0,3g
Salt	1,1g	0,2g

·78% less carbohydrates.

(Compared to conventional product).

·Low sugar content.



Int. Ref. Number: 3310
EAN: ES / POR



NEW
FORMAT
NOW MORE
CREAMY

CHOCO CREAM

200g

INGREDIENTS: Sunflower vegetable oil, Inulin, MILK protein (9.6%), Skimmed MILK powder, HAZELNUT Paste (9.2%), Cocoa powder (9.2%), Vegetable fat (shea and coconut), Fiber, Emulsifier (Sunflower Lecithin), Aromas, Sweeteners (Sucralose and Steviol Glycosides from stevia). May contain SOY.

Nutrition facts	100g	30g
Energy value	2.380 kJ/ 491 kcal	332 kJ/ 68 kcal
Fats of which saturates	38g 8,9g	5,7g 1,3g
Carbohydrates of which sugars	21g 4,7g	3,1g 0,7g
Dietary fibre	16g	2,4g
Proteins	20g	2,9g
Salt	0,5g	0,1g

·38% less carbohydrates.

(Compared to conventional product).

·Low sugar content.
·High fibre content.



Int. Ref. Number: 3346
EAN: ES



CHOCO CRUNCHY BAR

100g

INGREDIENTS: Manteca Cocoa butter, Inulin Powder, Defatted cocoa, SOYA protein, Extruded SOYA protein product (isolated SOYA protein, Rice flour, Sugar and salt), Hydrolyzed pork collagen, Glycine, MILK protein concentrate, Chocolate flavour, Emulsifier (SOYA lecithin), Sweeteners (sucralose and stevia).

Nutrition facts	100g	8 Ounces 33g
Energy value	2.174 kJ/ 520 kcal	717 kJ/ 171 kcal
Fats of which saturates	32,3g 22g	10,7g 7,3g
Carbohydrates of which sugars	16,9g 0,6g	5,6g 0,2g
Dietary fibre	8,5g	2,8g
Proteins	35g	11,6g
Salt	0,6g	0,2g

- 5,6g of carbohydrates.
- 35% protein.
- (Values per serving).
- Low sugar content.
- High fibre content..



Int. Ref. Number: 3313
EAN: ES / EN / POR / DE



DARK CHOCOLATE FLAVOUR BAR

100g

INGREDIENTS: Cocoa butter, Inulin Powder, Defatted cocoa, SOYA protein, Hydrolyzed pork collagen, Glycine, MILK protein concentrate, Chocolate flavour, Emulsifier (SOYA lecithin), Sweeteners (sucralose and stevia).

Nutrition facts	100g	8 Ounces 33g
Energy value	2.322 kJ/ 555 kcal	766,3 kJ/ 183,2 kcal
Fats of which saturates	37,3g 22,1g	12,3g 7,3g
Carbohydrates of which sugars	18g 0,6g	5,9g 0,2g
Dietary fibre	8,5g	2,8g
Proteins	31,5g	10,4g
Salt	0,6g	0,2g

- 5,9g of carbohydrates.
- 31% protein.
- (Values per serving).
- Low sugar content.
- High fibre content..



Int. Ref. Number: 3314
EAN: ES / EN / POR / DE



CHOCOLATE COOKIES

6 units of 25g

INGREDIENTS: Whey protein isolate, Water, Glycerin, SOYA protein, Sweetener (powder maltitol), Powder glycine, Coconut oil, Whole grain OAT flour, Sunflower oil, Chocolate, Extruded SOYA, HAZELNUT paste, Polydextrose, Hydrolyzed pork collagen, Apple fibre, Isomalt, WHEAT gluten, Ammonium bicarbonate, SOYA lecithin, HAZELNUT flavour, Sodium bicarbonate, Chocolate flavour, Vanilla flavour and salt.

Nutrition facts	100g	1 Cookie 25g
Energy value	1.719 kJ/ 411 kcal	430 kJ/ 103 kcal
Fats of which saturates	16,3g 4,7g	4,1g 1,2g
Carbohydrates of which sugars	21,9g 4,3g	5,5g 1,1g
Dietary fibre	6,8g	1,7g
Proteins	39,9g	10g
Salt	1,2g	0,3g

·5,5g of carbohydrates.
·40% protein.

(Values per cookie).

·Low sugar content.
·High fibre content.



Int. Ref. Number: 3315
EAN: ES / POR



ORANGE & CHOCO COOKIES

6 units of 25g

INGREDIENTS: Whey protein isolate, Water, Glycerin, SOYA protein, Coconut oil, Powder maltitol, Powder glycine, Whole grain OAT flour, Polydextrose, Sunflower oil, Chocolate, Extruded SOYA, Apple fibre, Hydrolyzed pork collagen, Isomalt, WHEAT gluten, Natural orange flavour, Sunflower lecithin, Ammonium bicarbonate, Sodium bicarbonate, Vanilla flavour and salt.

Nutrition facts	100g	1 Cookie 25g
Energy value	1.680kJ/ 400 kcal	420 kJ/ 100 kcal
Fats of which saturates	15,6g 4g	3,9g 1g
Carbohydrates of which sugars	20,8g 4,4g	5,2g 1,1g
Dietary fibre	6,8g	1,7g
Proteins	41,2g	10,3g
Salt	1,2g	0,3g

·5,2g of carbohydrates.
·41% protein.

(Values per cookie).

·Low sugar content.
·High fibre content.



Int. Ref. Number: 3316
EAN: ES / POR



CLASSIC MUFFINS

3 units of 50g

INGREDIENTS: Whey protein concentrate (MILK), Emulsifier (Sunflower lecithin), Whey protein (GLUTEN), sunflower protein, MILK protein, powder EGG whites, OAT fibre (GLUTEN), Hydrolyzed collagen (beef), wheat bran (GLUTEN), Rising agents (Disodium pyrophosphate and sodium hydrogen carbonate), Emulsifiers (mono- and diglycerides and polyglycerol esters of fatty acids), Salt, Thickening agent (Xanthan gum), Pasteurised EGG, High oleic sunflower oil, Hemp protein, Coconut fat, Glycine and leucine, Preservative (Sorbic acid), Acidifier (Citric acid), Flavour (Vanilla flavour).

Nutrition facts	100g	1 Muffin 50g
Energy value	1.352kJ/ 323 kcal	6756 kJ/ 162 kcal
Fats of which saturates	17,5g 3,6g	8,8g 1,8g
Carbohydrates of which sugars	13,4g 4,4g	6,7g 2,2g
Dietary fibre	5,1g	2,6g
Proteins	24,8g	12,4g
Salt	2,9g	1,5g

·73% less carbohydrates.

·Four times more protein.
(Compared to conventional products).

·Low sugar content.
·Source of fibre.



Int. Ref. Number: 3322

EAN: ES / POR



COMING SOON

RED FRUITS MUFFINS

3 units of 50g

INGREDIENTS: Pastry mix: Protein mix (concentrated whey protein (MILK), emulsifier (sunflower lecithin), wheat protein (GLUTEN), sunflower protein, MILK proteins, EGG white powder), oat fibre (GLUTEN), Hydrolyzed collagen (beef), Wheat bran (GLUTEN), Raising agents (Disodium diphosphate and Sodium hydrogen carbonate), Emulsifiers (mono and diglycerides and polyglycerol fatty acid esters), Salt, Thickener (Xanthan gum), Pasteurized EGG, Hemp protein, Red fruits (10%), High oleic sunflower oil, Coconut fat, Glycine and leucine, Aroma (Vanilla aroma), Conservative (Sorbic acid), Acidulant (Citric acid).

Nutrition facts	100g	1 Muffin 50g
Energy value	1.358 kJ/ 325 kcal	679 kJ/ 162 kcal
Fats of which saturates	20,1g 6,4g	10,1g 3,2g
Carbohydrates of which sugars	13,2g 7,4g	6,6g 3,7g
Dietary fibre	3,7g	1,9g
Proteins	20,4g	10,2g
Salt	2,2g	1,1g

·72% less carbohydrates.

·Over three times times
more protein.

(Compared to conventional products).

·Source of fibre.



EAN: ES / POR



CHOCOLATE CHIPS MUFFINS

3 units of 50g

INGREDIENTS: Whey protein concentrate (MILK), Emulsifier (Sunflower lecithin), Whey protein (GLUTEN), sunflower protein, MILK protein, powder EGG whites, OAT fibre (GLUTEN), Hydrolyzed collagen (beef), wheat bran (GLUTEN), Rising agents (Disodium pyrophosphate and sodium hydrogen carbonate), Emulsifiers (mono- and diglycerides and polyglycerol esters of fatty acids), Salt, Thickening agent (Xanthan gum), Pasteurised EGG, Cocoa paste, Sweetener (Maltitol), Cocoa butter, Defatted powder cocoa, Emulsifier (Sunflower lecithin), Flavour (Chocolate flavour), High oleic sunflower oil, Hemp protein, Coconut fat, Glycine and leucine, Preservative (Sorbic acid), Acidifier (Citric acid), Flavour (Vanilla flavour).

Nutrition facts	100g	1 Muffin 50g
Energy value	1.493kJ/ 357 kcal	747 kJ/ 178 kcal
Fats of which saturates	20g 6,3g	10g 3,1g
Carbohydrates of which sugars	18,9g 3,8g	9,5g 1,9g
Dietary fibre	5,2g	2,6g
Proteins	24,3g	12,2g
Salt	2,5g	1,2g

·62% less carbohydrates.

·More than double protein.

·Low sugar content.

·Source of fibre.



Int. Ref. Number: 3321
EAN: EN / DE



COOKIES & CREAM CHOCO SNACK 1 unit. of 35g

INGREDIENTS: MILK Chocolate with Dietary fibre (28,50%), (Dietary fibre: Oligofructose, Cocoa butter, Powder whole MILK, Cocoa paste, Powder skim MILK, Sugar, Emulsifier: Sunflower lecithin, Natural Vanilla flavour), MILK protein, Non-hydrogenated vegetable fat (Shea, Coconut and Sunflower), hydrolysed Collagen, WHEAT flour, Inulin, Sugar, Powder defatted cocoa (1,00%), Emulsifier (SOYA lecithin and e476), Vanilla flavouring (0,30%), natural flavouring, Thickening agent (guar gum) y Rising agents (Ammonium Bicarbonate and Sodium Bicarbonate).

Nutrition facts	Bar 35g
Energy value	713 kJ/ 170 kcal
Fats of which saturates	9,9g 6,5g
Carbohydrates of which sugars	7,9g 2,7g
Dietary fibre	3,3g
Proteins	10,5g
Salt	0,1g

- 7,9g of carbohydrates.
- 30% protein.
- (Values per bar).
- Reduced sugar content.
- High fibre content.



CODE GTIN EXP:
18436578720931

Int. Ref. Number: 3317
EAN: ES / EN



COCONUT CHOCO SNACK 1 unit. of 35g

INGREDIENTS: MILK Chocolate cOATING with Dietary fibre (28,00%) (Dietary fibre: Oligofructose, Cocoa butter, Powder whole MILK, Cocoa paste, Powder skim MILK, Sugar, Emulsifier: Sunflower lecithin, Natural Vanilla Flavouring), MILK Proteins, Non-hydrogenated Vegetable fat (Shea, Coconut and Sunflower), Hydrolysed Collagen, WHEAT flour, Inulin, Grated Coconut (4,65%), Emulsifier (SOYA lecithin and e476), Coconut flavouring, Natural Flavouring, Thickening agent (guar gum) and Rising agents (Ammonium Bicarbonate and Sodium Bicarbonate).

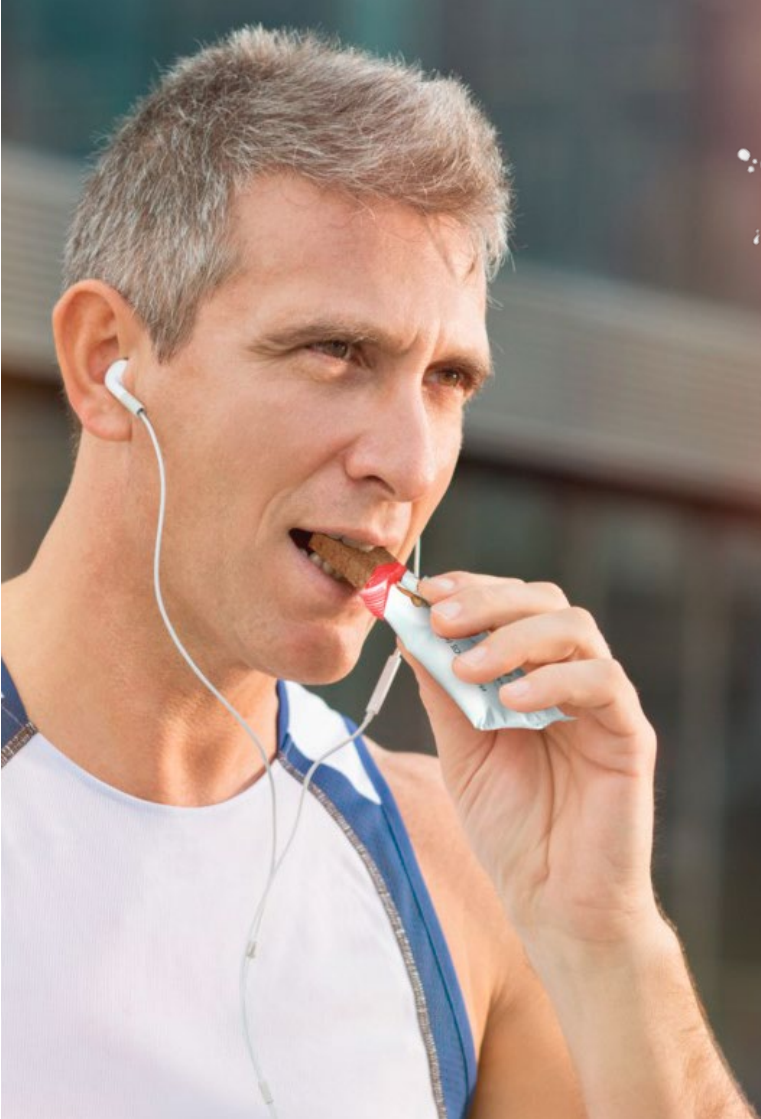
Nutrition facts	Bar 35g
Energy value	711 kJ/ 170 kcal
Fats of which saturates	9,9g 6,7g
Carbohydrates of which sugars	7,6g 2,7g
Dietary fibre	4,1g
Proteins	10,5g
Salt	0,1g

- 7,6g of carbohydrates.
- 30% protein.
- (Values per bar).
- Reduced sugar content.
- High fibre content.



CODE GTIN EXP:
18436578720948

Int. Ref. Number: 3318
EAN: ES / EN



YOGURT CHOCO SNACK

1 unit. of 35g

INGREDIENTS: MILK Chocolate with Dietary fibre (28,50%), (Dietary fibre: Oligofructose, Cocoa butter, Powder whole MILK, Cocoa paste, Powder skim MILK, Sugar, Emulsifier: Sunflower Lecithin, Natural Vanilla Flavouring), MILK proteins, Non-hydrogenated Vegetable fat (Shea, Coconut and Sunflower), Hydrolysed Collagen, WHEAT flour, Inulin, Emulsifier (SOYA lecithin and e476), Vanilla (0,50%), Flavouring, Thickening Agent (guar gum), Rising agents (Ammonium Bicarbonate and Sodium Bicarbonate), and Sweetener (Sucralose).

Nutrition facts	Bar 35g
Energy value	700 kJ/ 167 kcal
Fats of which saturates	9,8g 6,3g
Carbohydrates of which sugars	7,5g 2,5g
Dietary fibre	3,5g
Proteins	10,5g
Salt	0,1g

·7,5g of carbohydrates.

·30% protein.

(Values per bar).

·Reduced sugar content.

·High fibre content.



CODE GTIN EXP.:
18436578720955

Int. Ref. Number: 3319
EAN: ES / EN



CHOCOLATE SHAKE

400g

INGREDIENTS: 80% Concentrated MILK whey protein, Defatted cocoa (SOY), Aroma, Hydrolyzed porcine collagen, Maltodextrin, Sodium chloride, Glycine, MCT (Medium Chain Triglycerides, 70% Total Fat).

Nutrition facts	100g	Dose 25g
Energy value	1633 kJ/ 391 kcal	408 kJ/ 98 kcal
Fats of which saturates	8,1g 3,4g	2g 0,9g
Carbohydrates of which sugars	15,4g 5,5g	3,8g 1,4g
Proteins	61,9g	15,5g
Salt	2g	0,5g

-3,8g of carbohydrates.

·With Whey Protein wpc 80%.

(Values per 1 Shake).

·With hydrolysed collagen.

·High protein content.



Int. Ref. Number: 3301
EAN: ES / POR



VANILLA SHAKE

400g

INGREDIENTS: 80% Concentrated MILK whey protein, Hydrolyzed porcine collagen, Maltodextrin, Aroma, Glycine, MCT (Medium chain triglycerides, 70% Total fat), Sodium chloride, Magnesium citrate and Sweetener (Sucralose).

Nutrition facts	100g	Dose 25g
Energy value	1643 kJ/ 394 kcal	410,8 kJ/ 98,5 kcal
Fats of which saturates	5,4g 1,4g	1,4g 0,4g
Carbohydrates of which sugars	18,4g 4,6g	4,6g 1,2g
Dietary fibre	0,9g	0,2g
Proteins	67,4g	16,9g
Salt	0,8g	0,2g

-4,6g of carbohydrates.

·With Whey Protein wpc 80%.

(Values per 1 Shake).

·With hydrolysed collagen.

·High protein content.



Int. Ref. Number: 3302
EAN: ES / POR



STRAWBERRY SHAKE

400g

INGREDIENTS: 80% Concentrated MILK whey protein, 1% Defatted MILK powder, Hydrolyzed porcine collagen, Aromas, Maltodextrin, MCT (Medium chain triglycerides, 70% Total fat), Acidity regulator (Citric acid), Colouring (Beet red), Sodium chloride and Sweetener (Sucralose).

Nutrition facts	100g	Dose 25g
Energy value	1.568 kJ/ 376 kcal	392 kJ/ 94 kcal
Fats of which saturates	5,1g 2,6g	1,3g 0,7g
Carbohydrates of which sugars	19,4g 13,4g	4,9g 3,35g
Dietary fibre	0g	0g
Proteins	63,2g	15,8g
Salt	0,4g	0,1g

-4,9g of carbohydrates.

·With Whey Protein **wpc 80%**.

(Values per 1 Shake).

·With hydrolysed collagen.

·High protein content.



8 436578 721023

Int. Ref. Number: 3320
EAN: ES / POR







KETO PROTEIN

bestdiet

DISTRIBUTED BY:
NUEVA DIETÉTICA, S.L. TEL.: +34 954 35 41 41
/ 26.0010627/SE. POL. IND. ESPALDILLAS.
C./ ESPALDILLAS DIEZ,26-28
41500 ALCALÁ DE GUADAÍRA (SEVILLE) SPAIN
CERTIFIED COMPANY BY ISO 9001 / 14001 / 22000.
MANUFACTURED IN THE EU (SPAIN)

WWW.BESTDIET.ES



DOWNLOAD
DIGITAL CATALOGUE
ALWAYS UPDATED WITH
THE LATEST LAUNCHINGS

