

DESSERT & BREAKFAST MACROS & ALLERGENS

PREMIER
NUTRITION

FOOD		CALORIES	PROTEIN	CARBS	FAT	ALLERGENS	PER
BOMBS	PROTEIN BOMBS- CHERRY BAKEWELL	96	5G	12G	2.9G	CEREALS, NUTS	BOMB
	PROTEIN BOMBS- CHOC COCONUT	100	5G	12G	3.4G	CEREALS, NUTS, MILK, LUPIN	BOMB
	PROTEIN BOMBS- CHOC ORANGE	96	5G	12G	2.9G	CEREALS, NUTS	BOMB
CHEESECAKE	CHEESECAKE- 99'S WITH FLAKE	259	8G	7G	22G	CEREALS, MILK	100G
	CHEESECAKE- SALTED CARAMEL	275	8G	7G	26G	CEREALS, MILK	100G
	CHEESECAKE- CHOC ORANGE	259	8G	7G	22G	CEREALS, MILK	100G
OVERNIGHT OATS	OVERNIGHT OATS- CHOC / PEANUT	211	7.5G	32G	5.1G	CEREALS, NUTS, PEANUTS, MILK, SOYA	100G
	OVERNIGHT OATS- MIXED FRUIT	195	7G	30G	4.3G	CEREALS, MILK, NUTS, SOYA	100G
	OVERNIGHT OATS- CHAI & HONEY	280	9.4G	31G	9G	CEREALS, MILK, NUTS, SOYA	100G
	GRANOLA AND YOGHURT POT	142	7.1G	15G	5.1G	CEREALS, MILK, NUTS	100G
	CHOCOLATE BROWNIE	223	3.1G	25G	13G	CEREALS, EGGS	75G
FLAPJACK SLAB	210	5.4G	30G	7G	CEREALS, NUTS, PEANUTS	75G	