



GRAB & GO

PROTEIN GUIDE

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PROTEIN OATS



**HARVEST MOON PROTEIN
OATS CHOCOLATE**

30g

375

16.1



**HARVEST MOON PROTEIN OATS
MIXED BERRY FLAVOUR**

30g

371

15.8



**HARVEST MOON PROTEIN OATS
GOLDEN SYRUP FLAVOUR**

30g

388

16.3



**HARVEST MOON PROTEIN PORRIDGE
OATS SWEET CINNAMON FLAVOUR**

30g

336

15.8



**ACADEMY PROTEIN CHOCOLATE
FLAVOUR PORRIDGE POT**

30g

388

15



**ACADEMY HIGH PROTEIN
CHOCOLATE PORRIDGE POT**

30g

388

15



**ACADEMY HIGH PROTEIN SUPER
BERRY PORRIDGE POT**

30g

338

15.8



**ACADEMY HIGH PROTEIN SALT
CARAMEL PORRIDGE POT**

30g

357

15



**ACADEMY PROTEIN CHOCOLATE
FLAVOUR PORRIDGE POT**

30g

388

15

YOGURTS



**UNDAULS HYDRO
VANILLA PROTEIN YOGURT**

WEIGHT

CAL

PROTEIN

100g

61

15



**UNDAULS HYDRO
RASPBERRY PROTEIN YOGURT**

100g

62

15



**ALSI BROCCOLI CHOCOLATE
PROTEIN PUDDING**

200g

103

28



**ALSI BROCCOLI VANILLA
PROTEIN PUDDING**

200g

106

28



**ALSI BROCCOLI STRAWBERRY
PROTEIN YOGURT**

200g

106

25



**ALSI BROCCOLI STRAWBERRY
GREEK VANILLA PROTEIN**

100g

202

25



**ALSI BROCCOLI PROTEIN
RASPBERRY YOGURT POUCH**

200g

106

25



**ALSI VANILLA PROTEIN POUCH &
PROTEIN FRUIT YOGURT POUCH**

200g

106

25



**UDI'S MULTIGRAIN HIGH
PROTEIN PUDDING CARAMEL**

200g

161

28



**UDI'S MULTIGRAIN HIGH
PROTEIN PUDDING CHOCOLATE**

200g

162

28

SANDWICHES



TRIPLE TURKEY

500

25



TURKEY AND SWEETCORN

500

19.9



BEF

400

20.9



BACON, EGG & CHILLI SANDWICH

500

25



CHICKEN & STUFFING

400

25



SMOKED HAM & CHEESE

400

25



PRAWN

260

20



ALL DAY BREAKFAST SANDWICH

500

25

WRAPS



CHICKEN AND BACON

—

380

17

**CHICKEN AND PEANUT
SATAY**

—

550

21

SWEET CHILI CHICKEN

—

350

16.5

CHICKEN AND BACON

—

420

22

**SPICY LEMON FRIED CHICKEN
WRAP**

—

470

24

CHICKEN, BACON CHEESE

—

450

21

CHICKEN PEANUT SATAY

—

430

20

PLANT BASED WRAPS & SANDWICHES



MUSHROOM, TOMATO & PESTO WRAP

WEIGHT

KCAL

PROTEIN

—

550

16.8



VEGAN FALAFEL & HUMMUS WRAP

—

540

16



VEGAN MEXICAN & BEAN WRAP

—

495

15.5



PLANT POWERED VEGAN BACON & EGG WRAP

—

550

16.7



HUMMUS, AVOCADO & ROASTABLE CHICKEN SANDWICH

—

550

16



CHEESE & PICKLE SANDWICH

—

480

12.7



RED LEICESTER PLANT-BASED SANDWICH

—

457

16



EGG

—

480

21

PROTEIN BARS

	WEIGHT	CAL	PROTEIN
	—	190	15
	55g	200	20
	60g	211	20
	60g	220	20
	75g	275	25
	60g	230	20
	60g	190	15
	60g	222	20
	60g	216	18.6
	—	190	22.5

SHAKES & SNACKS



	WEIGHT	CAL	PROTEIN
COGNOLITE PROTEIN MILKSHAKE CHOCOLATE FLAVOUR	300ml	180	20
PRO-CONCRETE-1 SHAKES HIGH PROTEIN COGNOLITE SHAKES	475ml	200	25
PROTEIN HIGH PROTEIN SHAKES MILKSHAKE MILK SHAKES	300ml	180	15
MILK READY-TO-DRINK VANILLA FLAVOUR	500ml	400	20
UP & GO BREAKFAST DRINK STRAWBERRY	300ml	220	12
FRIDGE BARRERS	50g	100	10
ALSOA PROTEIN POUCHES	1	100	1.0
TESSO PROTEIN BITES - ALMOND AND RASPBERRY	40g	100	6
WHEAT FLOUR WHEAT & SOY PROTEIN - CRACKLE	100g	400	20
TESSO SALT AND POPPER PROTEIN MIX	30g	100	5



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