

The Matol Diet

Healthy weight loss of 3 lbs per week

The Matol Diet has its roots in a protein blend that was developed by Dr. G. Blackburn from Harvard Medical School in 1973. This protein blend was later significantly improved with the objective to maintain athletes' muscle mass. This superior biological value protein blend was incorporated into a unique, pH-regulating and energizing botanical, vitamin and mineral weight loss regimen. The Matol Diet is safe and healthy. With this program, it is safe to lose an average of 3 lbs per week.



What is this diet all about?

- ▶ Putting fat storage on hold & driving down insulin
- ▶ Providing appropriate levels of high-quality protein
- ▶ Promoting a more alkaline internal body chemistry

Tell me more

How do we put fat storage on hold?: Most weight problems have one thing in common: an overproduction of insulin. Insulin is a hormone that not only regulates blood sugar levels, it also makes you gain weight. How? It transforms the fat and sugars (carbohydrates) we eat into fat cells when there is an excess of insulin in the blood. This occurs over time as a result of a diet grossly disproportionate in its share of saturated fats and carbohydrates, much like the North American diet. The Matol Diet can help restore the body's ability to metabolize sugars properly, quickly and safely.

Describe the protein: Studies demonstrate that 1 gram of protein for every kg of body weight is a healthy protein load for sustaining lean muscle mass and fueling repair throughout the body. By providing these adequate levels of protein, and in a highly-available isolate form, we are supporting the maintenance and repair of lean muscle mass and systems throughout the body.

Tell us about the supplements: These alkalizing (base-promoting/acid-reducing) minerals help balance the body's pH, which is thought to promote the healthy function of the immune system and repair mechanisms throughout the body. Because many of us do not consume these levels of minerals on a regular basis, this diet program may help rebalance body acids and bases to levels that are even more appropriate than before you started the diet.



How the matol diet works for you

Weight Loss: The body has three sources of energy: carbohydrates, protein and fat. It burns carbohydrates as its first source of energy. Once the body has depleted its carbohydrate reserves, it will simultaneously use its protein and fat reserves for energy. Matol protein foods and the daily supplement regimen help maintain muscle mass and energy while encouraging the body to draw from its fat reserves for energy.

Skin Revitalization: The Matol Diet revitalizes and tones the skin while restoring its elasticity.

Superior Protein Supplement: Because the body is primarily composed of protein, such as our vital organs, muscle tissue, skin, nails and hair, Matol protein foods are an excellent supplement for maintaining good health and a strong immune system.

The Matol Diet: quick, safe, healthy and delicious!

The Matol Diet features delicious protein foods, select natural foods and a complete nutritional supplementation program. This regimen is spearheaded by Matol Km[®], an energizing and pH-balancing mineral supplement. Keeping the body's pH level in check while metabolizing fat is critical to healthy weight loss. What's more, Matol Km[®] provides essential minerals and phyto-elements, many of which are known for their anti-inflammatory and antioxidant properties.

The other three nutritional supplements, Calcium & Magnesium, Optimum Omega-3 and MegaVitamins, ensure that you receive optimal nutrition throughout the diet providing you with all of the essential vitamins, minerals and trace minerals normally added to the foods that are temporarily restricted on the Matol Diet.

Quick, safe and healthy with lasting results, the Matol Diet features a large variety of delicious high biological value protein foods that have a very high absorption rate of 95%. Matol protein foods average 19 grams of protein per serving and contain all ten essential amino acids derived from isolates of whey, soy and/or albumin from eggs.

Matol Diet protein foods

- ▶ Low in fat, calories and carbohydrates.
- ▶ Formulated with just the right amount of protein to sustain your muscle mass.
- ▶ Available in a wide variety of delicious food choices.
- ▶ Individually wrapped for freshness and a long shelf-life.
- ▶ Convenient and easy to prepare.
- ▶ Ideal for healthy snacks and meals on the run.

Important health considerations while using this system

Adequate protein is key: We suggest you consume about 1 gram of protein per every 2.2 pounds (1 kg) of your body weight. This level of protein ensures that you are maintaining current muscle stores and providing adequate building blocks for repair.

Supplementation is essential: In order to follow the complete weight loss program, you must alkalinize and protect your body with minerals (calcium, magnesium, potassium, pink sea salt for sodium plus other trace minerals).

Cheating is okay. Just do it correctly so as to only SLOW, not sabotage, your progress: If you must cheat, cheat with protein. A pack of protein foods, or a can of salmon or tuna is a great cheat item.

Carbohydrates are the worst. You may feel sluggish, sick, or lightheaded if you cheat with carbs. Before it goes this far, use a protein food item that contains carbs (Vegetable Chili, Maple Oatmeal, Chocolate Cake/Pancake, Flatbread, or Chocolate & Raspberry Crunch Bar and Caramel Peanut Delight Bar), or a nonfat or soymilk latte.



Sara Smysniuk - Lost 90 pounds
Independent Associate



Ginette Quesnel - Lost 75 pounds
Independent Associate



Robin Skanes - Lost 37 pounds
Independent Associate



Sherry Medina - Lost 99 pounds
Independent Associate



Kevin Linden - Lost 51 pounds
Independent Associate



John Riga - Lost over 200 pounds
Independent Associate

The Matol Diet

The Modern Treatment For Healthy Weight Loss - Lose 3 Pounds Per Week

The 4 Stages of the Matol Diet Plan

STAGE 1

Follow Stage 1 until you've reached 80% of your weight loss goal.

Breakfast: 1 Matol protein food with tea or coffee with 30 ml/1 oz of milk. (artificial sweetener permitted)

Lunch: 1 Matol protein food with vegetables and unlimited salad.*

Supper: 1 portion of protein* with vegetables and unlimited salad.*

Snack: 1 Matol protein food of your choice, after supper.

*Refer to select vegetable and recommended protein lists.

If, during the first 3 days of the Matol Diet, you cannot contain your hunger, you can safely eat an additional 1 or 2 low carb Matol Diet protein foods.

STAGE 3

14-day gradual reintroduction of healthy carbohydrates and healthy fats.

Breakfast: 1 portion of protein* PLUS 1 portion from each of the food groups - healthy carbohydrates, fruits and healthy fats.†

Lunch: 1 portion of protein* with vegetables and unlimited salad.*

Supper: 1 portion of protein* with vegetables and unlimited salad.*

Snack: 1 Matol protein food of your choice, after supper.

*Refer to select vegetable and recommended protein lists.

†Refer to the 3 food groups list.

STAGE 2

Follow Stage 2 until you have lost the remaining 20% of your weight loss goal.

Breakfast: 1 Matol protein food with tea or coffee with 30 ml/1 oz of milk. (artificial sweetener permitted)

Lunch & Supper: 1 portion of protein* with vegetables and unlimited salad.*

Snack: 1 Matol protein food of your choice, after supper

*Refer to select vegetable and recommended protein lists.

STAGE 4

Conscious eating for the rest of your life!

Breakfast: 1 portion of protein* PLUS 1 portion from each of the food groups - healthy carbohydrates, fruits and healthy fats.†

Lunch: 1 portion of protein* with fiber-rich vegetables and unlimited salad* PLUS 1 portion from the healthy fats food group.†

Supper: 1 portion of protein* with fiber-rich vegetables and unlimited salad* PLUS 1 portion from each of these food groups - healthy carbohydrates and fruits.†

Snack: 1 Matol protein food of your choice, after supper.

In case of cravings, increase your consumption of Matol protein foods or animal/plant-based protein.

*Refer to select vegetable and recommended protein lists.

†Refer to the 3 food groups list.

IMPORTANT NOTES

- Season your food with sea salt as the Matol Diet is low in sodium.
- Drink at least 8 glasses (250 ml/8 oz each) of water per day.
- Because of their higher carbohydrate content, limit the Matol Diet cakes, pancakes, oatmeal and chili to 1 per day and the Matol Protein Bar to 1-2 per week.

DAILY REGIMEN OF NUTRITIONAL SUPPLEMENTS

Matol Km®: 2 tablespoons (30 ml), twice a day, at any hour, morning and night.

Optimum Omega-3: 3 capsules daily, at any time.

MegaVitamins: 4 caplets daily, with water.

Calcium & Magnesium: 1 tablespoon (15 ml) twice a day, with meals.

Note: If on medication, take vitamins and minerals 2 hours prior or 4 hours after with a little food.

MODIFIED MATOL DIET PROTOCOL FOR TYPE 1 DIABETICS

Stage 1 and 2: In addition to following Stage 1 and 2, add 1 food item from each of the 3 food groups (healthy carbohydrates, healthy fats and fruits) once per day at any time to your daily menu.

Stage 3: In addition to following Stage 3, add 1 food item from each of 2 food groups (healthy carbohydrates and healthy fats) once per day at any time to your daily menu.

Stage 4: The same as Stage 4 of the Matol Diet.

The Recommended Protein List

1 portion = approximately 20 grams of protein (1 Matol protein food or other protein sources)

Animal source: 200g/7 oz of poultry, fish and seafood or 150g/5 oz of lean meats.

Lean cuts of beef, veal, pork and lamb and wild game: filet, flank, lean ground, sirloin, tenderloin, roast, round, rump
Giblets (poultry) and offal (beef, pork, etc.): heart, liver, sweetbreads, kidneys, etc.

Poultry: 2 eggs, skinless chicken, turkey, quails, wild birds

Fish: bass, brill, cod, devil fish, gudgeon (blob), haddock, hake, halibut, perch, pike, ray, salmon, shark, smelt, red snapper, sole, swordfish, trout, tuna, turbot, whiting

Seafood: clams, crab, lobster, mussels, oysters, scallops, scampi, shrimp, squid, etc.

Stage 4 Variations

Plant source: 1 1/2 cups of beans, 2 cups of tofu, etc.

Beans: Red kidney, lima, lentils, broad, chick peas, etc.

Select Vegetables List

Unlimited: alfalfa sprouts, bok/pak choy, celery, cucumber, daikon, fennel, salad (all varieties), radish, seaweed, soy bean sprouts, spinach.

One portion per meal (up to 2 cups): asparagus, beet greens, broccoli, cabbage (collard greens, nappa, red, savoy), cauliflower, celeriac, fiddle heads, garlic, leeks, mushrooms, raw onions and shallots, Swiss chard, green peppers, turnip, zucchini.

Once or twice a week: 1/2 avocado, brussels sprouts, eggplant, 2-3 hearts of palm, orange and red peppers, sauerkraut, snow peas, string beans (yellow and green), tomatoes and squash (summer).

Seasonings

There are endless possibilities to vary the taste of your foods. Sea salt, pepper, garlic, fresh or dried ginger, zest of lemon or lime, your favorite spices, fresh or dried herbs, chili peppers, curry, curcuma, hot mustard or hot mustard powder, wasabi powder, even soy or tamarind sauce, sparingly. You can vary the taste of your Matol Diet puddings with cinnamon, nutmeg, a drop of rose water, fresh ginger, unsweetened coco powder, and again, the list goes on and on. Be cautious of commercial condiments with hidden sugar content.

The 3 Food Groups

Group 1: Healthy Carbohydrates: 2 slices of whole grain bread, 2 oz of whole grain sugar-free cereal, 5 oz of whole grain pasta, brown rice, cooked legumes (chickpeas, pinto, lentils, etc.) and corn, 1 medium potato. Stage 4 only: 2 pancakes, 1 medium muffin made from whole grain flour, etc.

Group 2: Fruits: 1 apple, banana, fresh fig, orange, nectarine, tangerine, peach, mango or passion fruit, 2 apricots or plums, 7 oz of fresh berries, papaya, melon or pineapple, 1-2 kiwis, 10 cherries or grapes, 1/2 a grapefruit.

Group 3: Healthy Fats: 1 sugar-free yogurt, 6 oz low fat milk, 2 oz low fat cheese (20% or less - exception: 4 oz cottage cheese), 1 avocado. Stage 4 only: a small handful of assorted nuts and seeds.

Nutrition Facts

Preparation for
Butterscotch Pudding
Préparation pour
Pudding au caramel

Nutrition Facts Valeur nutritive	
Per 1 packet (26 g) / pour 1 sachet (26 g)	
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 90	
Fat / Lipides 0 g	0%
Saturated / saturés 0 g	0%
+ Trans / trans 0 g	
Cholesterol / Cholestérol 15 mg	5%
Sodium / Sodium 240 mg	10%
Carbohydrate / Glucides 4 g	1%
Fibre / Fibres 0 g	0%
Sugars / Sucres 2 g	
Protein / Protéines 18 g	
Vitamin A / Vitamine A	0%
Vitamin C / Vitamine C	4%
Calcium / Calcium	40%
Iron / Fer	0%

List of ingredients

Milk protein concentrate, soy protein isolate, guar gum, natural butterscotch flavour, beta-carotene colour, caramel colour, sea salt, sucralose (30 mg per packet of 26 g), acesulfame-potassium (10 mg per packet of 26 g).

Contains milk and soy.

Liste des ingrédients

Concentré de protéine de lait, isolat de protéine de soja, gomme de guar, saveur naturelle de caramel, bêta-carotène, caramel, sel de mer, sucralose (30 mg par sachet de 26 g), acésulfame-potassium (10 mg par sachet de 26 g).

Contient du lait et du soja.

Chocolate Flavoured
Pudding Preparation
Préparation pour pudding
à saveur de chocolat

Nutrition Facts Valeur nutritive	
Per 1 packet (32 g) / pour 1 sachet (32 g)	
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 110 (420 kJ)	
Fat / Lipides 1.0 g	2%
Saturated / saturés 0.2 g	1%
+ Trans / trans 0 g	
Cholesterol / Cholestérol 10 mg	3%
Sodium / Sodium 160 mg	7%
Carbohydrate / Glucides 3 g	1%
Fibre / Fibres 1 g	4%
Sugars / Sucres 0 g	
Protein / Protéines 20 g	
Vitamin A / Vitamine A	0%
Vitamin C / Vitamine C	50%
Calcium / Calcium	230%
Iron / Fer	25%

List of ingredients

Milk protein concentrate, cocoa, soy protein isolate, artificial flavour, sea salt, xanthan gum, caramel, sucralose (34 mg / portion), silicon dioxide.

Liste d'ingrédients

Concentré de protéine de lait, cacao, isolat de protéine de soja, arôme artificiel, sel de mer, gomme xanthane, caramel, sucralose (34 mg / portion) dioxyde de silicium.

Vanilla Flavoured
Pudding Preparation
Préparation pour pudding
à saveur de vanille

Nutrition Facts Valeur nutritive	
Per 1 packet (25 g) / pour 1 sachet (25 g)	
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 90 (370 kJ)	
Fat / Lipides 1.0 g	2%
Saturated / saturés 0.2 g	1%
+ Trans / trans 0 g	
Cholesterol / Cholestérol 10 mg	3%
Sodium / Sodium 240 mg	10%
Carbohydrate / Glucides 2 g	1%
Fibre / Fibres 1 g	4%
Sugars / Sucres 0 g	
Protein / Protéines 18 g	
Vitamin A / Vitamine A	0%
Vitamin C / Vitamine C	10%
Calcium / Calcium	50%
Iron / Fer	4%

List of ingredients

Milk protein concentrate, soy protein isolate, natural flavour, sea salt, xanthan gum, caramel, sucralose (40 mg/portion), silicon dioxide, beta-carotene, acesulfame potassium (15 mg/portion).

Liste d'ingrédients

Concentré de protéine de lait, isolat de protéine de soja, arôme naturel, sel de mer, gomme xanthane, caramel, sucralose (40 mg/portion), dioxyde de silicium, bêta-carotène, acésulfame-potassium (15 mg/portion).

Maple Flavoured
Oatmeal Preparation
Préparation pour gruau
à la saveur d'érable

Nutrition Facts Valeur nutritive	
Per 1 packet (38 g) / pour 1 sachet (38 g)	
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 150 (610 kJ)	
Fat / Lipides 2.0 g	3%
Saturated / saturés 1.0 g	5%
+ Trans / trans 0 g	
Cholesterol / Cholestérol 0 mg	0%
Sodium / Sodium 140 mg	6%
Carbohydrate / Glucides 12 g	4%
Fibre / Fibres 3 g	12%
Sugars / Sucres 0 g	
Protein / Protéines 18 g	
Vitamin A / Vitamine A	0%
Vitamin C / Vitamine C	2%
Calcium / Calcium	80%
Iron / Fer	35%

List of ingredients

Oat flakes, milk protein concentrate, soy protein isolate, whey protein isolate, artificial and natural flavour, sea salt, sodium bicarbonate, xanthan gum, silicon dioxide, sucralose (27 mg/portion), acesulfame potassium (14 mg/portion).

liste d'ingrédients

Flocons d'avoine, concentré de protéine de lait, isolat de protéine de soja, isolat de protéine de lactosérum, arôme naturel et artificiel, sel de mer, bicarbonate de sodium, gomme xanthane, dioxyde de silicium, sucralose (27 mg/portion), acésulfame-potassium (14 mg/portion).

Nutrition Facts

Preparation for
Cappuccino Drink
Préparation pour
boisson de cappuccino

Nutrition Facts Valeur nutritive	
Per 1 packet (28 g) / pour 1 sachet (28 g)	
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 90	
Fat / Lipides 0 g	0%
Saturated / saturés 0 g	0%
+ Trans / trans 0 g	
Cholesterol / Cholestérol 10 mg	3%
Sodium / Sodium 180 mg	8%
Carbohydrate / Glucides 4 g	1%
Fibre / Fibres 0 g	0%
Sugars / Sucres 3 g	
Protein / Protéines 18 g	
Vitamin A / Vitamine A	0%
Vitamin C / Vitamine C	0%
Calcium / Calcium	25%
Iron / Fer	0%

List of ingredients

Milk protein concentrate, whey protein isolate (whey (milk), soy lecithin), skim milk, decaffeinated coffee, natural coffee flavour, caramel colour, sea salt, xanthan gum, silicon dioxide, sucralose (20 mg per packet of 28 g), acesulfame-potassium (15 mg per packet of 28 g).

Contains milk and soy.

Liste des ingrédients

Concentré de protéine de lait, isolat de protéine de lactosérum (lactosérum (lait), lécithine de soja), lait écrémé, café décaféiné, arôme naturel de café, caramel, sel de mer, gomme xanthane, dioxyde de silicium, sucralose (20 mg par sachet de 28 g), acésulfame-potassium (15 mg par sachet de 28 g).

Contient du lait et du soja.

Peach-Mango Flavoured
Drink Preparation
Préparation pour boisson
à saveur de pêche-mangue

Nutrition Facts Valeur nutritive	
Per 1 packet (24 g) / pour 1 sachet (24 g)	
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 90 (360 kJ)	
Fat / Lipides 0.3 g	1%
Saturated / saturés 0 g	0%
+ Trans / trans 0 g	
Cholesterol / Cholestérol 0 mg	0%
Sodium / Sodium 45 mg	2%
Carbohydrate / Glucides 4 g	1%
Fibre / Fibres 1 g	4%
Sugars / Sucres 0 g	
Protein / Protéines 18 g	
Vitamin A / Vitamine A	0%
Vitamin C / Vitamine C	4%
Calcium / Calcium	10%
Iron / Fer	2%

List of ingredients

Whey protein isolate, citric acid, malic acid, natural flavour, beta-carotene, acesulfame potassium (47 mg / portion), sucralose (42 mg / portion), caramel, silicon dioxide, canthaxanthin.

Liste d'ingrédients

Isolat de protéine de lactosérum, acide citrique, acide malique, arôme naturel, bêta-carotène, acésulfame-potassium (47 mg / portion), sucralose (42 mg / portion), caramel, dioxyde de silicium, canthaxanthine.

Yogurt & Fieldberry Flavoured
Drink Preparation
Préparation pour boisson à saveur
de yogourt et fruits des champs

Nutrition Facts Valeur nutritive	
Per 1 packet (27 g) / pour 1 sachet (27 g)	
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 130 (550 kJ)	
Fat / Lipides 1.0 g	1%
Saturated / saturés 0 g	0%
+ Trans / trans 0 g	
Cholesterol / Cholestérol 0 mg	0%
Sodium / Sodium 130 mg	5%
Carbohydrate / Glucides 14 g	5%
Fibre / Fibres 1 g	4%
Sugars / Sucres 0 g	
Protein / Protéines 18 g	
Vitamin A / Vitamine A	0%
Vitamin C / Vitamine C	15%
Calcium / Calcium	45%
Iron / Fer	6%

List of ingredients

Milk protein concentrate, whey protein isolate, artificial and natural flavour, albumin (egg white protein), ascorbic acid, sea salt, xanthan gum, microcrystalline cellulose, citric acid, dehydrated blueberry, raspberry and strawberry, acesulfame potassium (39 mg/portion), sucralose (36 mg/portion), silicon dioxide.

Liste d'ingrédients

Concentré de protéine de lait, isolat de protéine de lactosérum, arôme naturel et artificiel, albumine (protéine de blanc d'oeuf), acide ascorbique, sel de mer, gomme xanthane, cellulose microcristalline, acide citrique, bleuet, fraise et framboise déshydratés, acésulfame-potassium (39 mg/portion), sucralose (36 mg/portion), dioxyde de silicium.

Cocoa Flavoured
Drink Preparation
Préparation pour boisson
à saveur de cacao

Nutrition Facts Valeur nutritive	
Per 1 packet (33 g) / pour 1 sachet (33 g)	
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 120 (490 kJ)	
Fat / Lipides 1.0 g	2%
Saturated / saturés 1.0 g	5%
+ Trans / trans 0 g	
Cholesterol / Cholestérol 10 mg	3%
Sodium / Sodium 230 mg	10%
Carbohydrate / Glucides 7 g	2%
Fibre / Fibres 3 g	12%
Sugars / Sucres 0 g	
Protein / Protéines 20 g	
Vitamin A / Vitamine A	0%
Vitamin C / Vitamine C	4%
Calcium / Calcium	120%
Iron / Fer	90%

List of ingredients

Milk protein concentrate, cocoa, whey protein isolate, skim milk powder, natural and artificial flavour, sea salt, xanthan gum, sucralose (50 mg/portion), silicon dioxide, acesulfame potassium (15 mg/portion).

Liste d'ingrédients

Concentré de protéine de lait, cacao, isolat de protéine de lactosérum, lait écrémé en poudre, arôme naturel et artificiel, sel de mer, gomme xanthane, sucralose (50 mg/portion), dioxyde de silicium, acésulfame-potassium (15 mg/portion).

Nutrition Facts

Leek Flavoured Soup Preparation Préparation pour soupe à saveur de poireaux

Nutrition Facts Valeur nutritive	
Per 1 packet (27 g) / pour 1 sachet (27 g)	
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 90	
Fat / Lipides 1.0 g	2%
Saturated / saturés 0.3 g	2%
+ Trans / trans 0 g	
Cholesterol / Cholestérol 0 mg	0%
Sodium / Sodium 1 020 mg	42%
Carbohydrate / Glucides 2 g	1%
Fibre / Fibres 1 g	4%
Sugars / Sucres 1 g	
Protein / Protéines 18 g	
Vitamin A / Vitamine A	0%
Vitamin C / Vitamine C	0%
Calcium / Calcium	4%
Iron / Fer	20%

List of ingredients

Soy protein isolate, sea salt, onion powder, natural flavour, leek powder, potassium chloride, sodium bicarbonate, yeast extract, xanthan gum, silicon dioxide.

Liste d'ingrédients

Isolat de protéine de soja, sel de mer, poudre d'oignon, arôme naturel, poireaux en poudre, chlorure de potassium, bicarbonate de sodium, extrait de levure, gomme xanthane, dioxyde de silicium.

Preparation for Chicken Flavoured Soup Préparation pour soupe à saveur de poulet

Nutrition Facts Valeur nutritive	
Per 1 packet (28 g) / pour 1 sachet (28 g)	
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 100	
Fat / Lipides 1 g	1%
Saturated / saturés 0 g	0%
+ Trans / trans 0 g	
Cholesterol / Cholestérol 5 mg	2%
Sodium / Sodium 870 mg	36%
Potassium / Potassium 420 mg	12%
Carbohydrate / Glucides 1 g	0%
Fibre / Fibres 0 g	0%
Sugars / Sucres 0 g	
Protein / Protéines 21 g	
Vitamin A / Vitamine A	0%
Vitamin C / Vitamine C	0%
Calcium / Calcium	0%
Iron / Fer	0%

List of ingredients

Soy protein isolate, artificial chicken flavour, sea salt, potassium chloride, onion, garlic, autolyzed yeast extract, celery salt, beta-carotene colour, xanthan gum, sodium bicarbonate, silicon dioxide.

Contains soy. May contain milk and eggs.

Liste des ingrédients

Isolat de protéine de soja, saveur artificielle de poulet, sel de mer, chlorure de potassium, oignon, ail, extrait de levure autolysée, sel de céleri, bêta-carotène, gomme xanthane, bicarbonate de sodium, dioxyde de silicium.

Contient du soja. Peut contenir du lait et des oeufs.

Flatbread / Pancake Preparation Préparation pour pain plat / crêpe

Nutrition Facts Valeur nutritive	
Per 1 packet (39 g) / pour 1 sachet (39 g)	
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 140	
Fat / Lipides 1.5 g	2%
Saturated / saturés 0.4 g	2%
+ Trans / trans 0 g	
Cholesterol / Cholestérol 0 mg	0%
Sodium / Sodium 210 mg	9%
Carbohydrate / Glucides 13 g	4%
Fibre / Fibres 2 g	8%
Sugars / Sucres 0 g	
Protein / Protéines 18 g	
Vitamin A / Vitamine A	0%
Vitamin C / Vitamine C	8%
Calcium / Calcium	10%
Iron / Fer	8%

List of ingredients

Oat bran flour, calcium caseinate, oat bran, milk protein concentrate, soy protein isolate, albumin (egg white protein), sea salt, silicon dioxide.

Liste d'ingrédients

Farine de son d'avoine, caséinate de calcium, son d'avoine, concentré de protéines de lait, isolat de protéines de soja, albumine (protéine de blanc d'oeuf), sel de mer, dioxyde de silicium.

Chocolate & Raspberry Crunch Bar Barre de chocolat et framboise croquant

Nutrition Facts Valeur nutritive	
Per 1 bar (40 g) / Pour 1 barre (40 g)	
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 140	
Fats / Lipides 4 g	6%
Saturated / saturés 2 g	10%
+ Trans / trans 0 g	
Cholesterol / Cholestérol 0 mg	0%
Sodium / Sodium 220 mg	9%
Carbohydrate / Glucides 15 g	5%
Fibre / Fibres 3 g	12%
Sugars / Sucres 6 g	
Maltitol / Maltitol 3 g	
Protein / Protéines 15 g	
Vitamin A / Vitamine A	0%
Vitamin C / Vitamine C	0%
Calcium / Calcium	4%
Iron / Fer	20%

List of ingredients

Soy nuggets (soy protein isolate, rice starch), chocolate coating (maltitol, chocolate liquor (processed with alkali), cocoa butter, inulin, soy lecithin, natural flavour), agave syrup, soy protein nuggets (isolate soy protein, brown rice) liquid polydextrose (3.3 g/portion), brown rice syrup, isolated soy protein, dextrose, dextrin, high oleic sunflower oil, natural flavour, beet juice, soy lecithin.

ALLERGY INFORMATION: MANUFACTURED IN A FACILITY THAT ALSO PROCESSES WHEAT, MILK, PEANUTS AND TREE NUTS.

Liste d'ingrédients

Pépites de soja (protéine de soja isolée, amidon de riz), enrobage de chocolat (maltitol, liqueur de chocolat (traitée à l'alcali), beurre de cacao, inuline, lécithine de soja, arôme naturel), sirop d'agave, pépites de protéines de soja (protéine de soja isolée, riz brun) polydextroses liquides (3.3 g/portion), sirop de riz brun, protéine de soja isolée, dextrose, dextrine, huile de tournesol à forte teneur oléique, arôme naturel, jus de betterave, lécithine de soja.

ALLERGIE : MANUFACTURÉ OÙ SONT ÉGALEMENT UTILISÉS DU BLÉ, DES PRODUITS LAITIERS, DES ARACHIDES ET DES NOIX.

Preparation for Chocolate Cake / Pancake Préparation pour Gâteau / Crêpe au chocolat

Nutrition Facts Valeur nutritive	
Per 1 packet (44 g) / pour 1 sachet (44 g)	
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 180	
Fat / Lipides 2 g	3%
Saturated / saturés 0 g	0%
+ Trans / trans 0 g	
Cholesterol / Cholestérol 0 mg	0%
Sodium / Sodium 270 mg	11%
Potassium / Potassium 230 mg	7%
Carbohydrate / Glucides 22 g	7%
Fibre / Fibres 4 g	16%
Sugars / Sucres 2 g	
Protein / Protéines 18 g	
Vitamin A / Vitamine A	0%
Vitamin C / Vitamine C	0%
Calcium / Calcium	4%
Iron / Fer	10%

List of ingredients

Oat flour, calcium caseinate (calcium caseinate (milk), soy lecithin), whey protein concentrate (milk), soy protein isolate, albumen powder (egg white, yeast, citric acid), oat bran, cocoa powder, chicory root inulin, fructose, sea salt, natural flavour, cream of tartar, sodium bicarbonate, silicon dioxide.

Contains milk, eggs, soy and gluten.

Liste des ingrédients

Farine d'avoine, caséinate de calcium (caséinate de calcium (lait) lécithine de soja), concentré de protéine de lactosérum (lait), isolat de protéine de soja, poudre d'albumen (blanc d'oeuf, levure, acide citrique), son d'avoine, cacao en poudre, inuline de racine de chicorée, fructose, sel de mer, saveur naturelle, crème de tartre, bicarbonate de sodium, dioxyde de silicium.

Contient du lait, des oeufs, du soja et du gluten.

Nutrition Facts

Preparation for Cheddar Cheese
 and Fine Herbs Omelet
 Préparation pour Omelette au
 fromage cheddar et aux fines herbes

Nutrition Facts Valeur nutritive	
Per 1 packet (35 g) / pour 1 sachet (35 g)	
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 140	
Fat / Lipides 4.5 g	7%
Saturated / saturés 1.5 g	7%
+ Trans / trans 0 g	
Cholesterol / Cholestérol 25 mg	8%
Sodium / Sodium 630 mg	26%
Potassium / Potassium 250 mg	7%
Carbohydrate / Glucides 7 g	2%
Fibre / Fibres 1 g	4%
Sugars / Sucres 3 g	
Protein / Protéines 18 g	
Vitamin A / Vitamine A	30%
Vitamin C / Vitamine C	100%
Calcium / Calcium	6%
Iron / Fer	6%

List of ingredients

Albumen powder (egg white, yeast, citric acid), whole egg, cheddar cheese powder (cheddar cheese, (pasteurized milk, cheese cultures, salt, enzymes), whey (milk), maltodextrin, soybean oil, salt, buttermilk, citric acid, disodium phosphate, natural flavour, lactic acid, silicon dioxide), red bell pepper, green bell pepper, natural cheddar cheese flavour, onion, garlic, spices, cellulose gum, xanthan gum, carrageenan, sodium bicarbonate, beta-carotene colour, silicon dioxide.

Contains milk and eggs.

Liste des ingrédients

Poudre d'albumen (blanc d'oeuf, levure, acide citrique), oeuf entier, poudre de fromage cheddar (fromage cheddar, (lait pasteurisé, cultures fromagères, sel, enzymes), lactosérum (lait), maltodextrine, huile de soya, sel, babeurre, acide citrique, phosphate disodique, arôme naturel, acide lactique, dioxyde de silicium), piment rouge, piment vert, arôme naturel de fromage cheddar, oignon, ail, épices, gomme de cellulose, gomme xanthane, carraghénane, bicarbonate de sodium, bêta-carotène, dioxyde de silicium.

Contient du lait et des oeufs.

Crispy Rice Cereal
 Céréales de riz croustillant

Nutrition Facts Valeur nutritive	
Per 1 packet (29 g) / pour 1 sachet (29 g)	
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 110 (460 kJ)	
Fat / Lipides 0.5 g	1%
Saturated / saturés 0 g	0%
+ Trans / trans 0 g	
Cholesterol / Cholestérol 0 mg	0%
Sodium / Sodium 210 mg	9%
Carbohydrate / Glucides 7 g	2%
Fibre / Fibres 0 g	0%
Sugars / Sucres 1 g	
Protein / Protéines 18 g	
Vitamin A / Vitamine A	0%
Vitamin C / Vitamine C	0%
Calcium / Calcium	35%
Iron / Fer	10%

List of ingredients

Soy protein isolate, skim milk, rice flour, whey protein isolate, milk protein concentrate, silicon dioxide, sucralose (10 mg/portion).

Liste d'ingrédients

Isolat de protéine de soya, lait écrémé, farine de riz, isolat de protéine de petit lait, concentré de protéine de lait, dioxyde de silicium, sucralose (10 mg/portion).

Vegetable Chili Preparation
 Préparation pour
 Chili aux légumes

Nutrition Facts Valeur nutritive	
Per 1 packet (33 g) / pour 1 sachet (33 g)	
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 120	
Fat / Lipides 3 g	5%
Saturated / saturés 0.3 g	2%
+ Trans / trans 0 g	
Cholesterol / Cholestérol 0 mg	0%
Sodium / Sodium 530 mg	22%
Carbohydrate / Glucides 13 g	4%
Fibre / Fibres 4 g	16%
Sugars / Sucres 3 g	
Protein / Protéines 12 g	
Vitamin A / Vitamine A	6%
Vitamin C / Vitamine C	8%
Calcium / Calcium	6%
Iron / Fer	6%

List of ingredients: Textured soy (soy protein concentrate, caramel), dehydrated vegetables (red beans, onions, red bell peppers and garlic), modified starch, hydrolyzed wheat, soy and corn protein (autolysed yeast extract, partially hydrogenated cottonseed and soybean oil), tomato powder, sunflower oil, sugar, spices, guar gum, citric acid and sulphites. Manufactured on equipment that processes wheat, peanuts, tree nuts and seeds.

Liste d'ingrédients : Soya texturé (concentré de protéine de soya, caramelo), légumes déshydratés (fèves rouges, oignons, poivrons rouges et ail), amidon modifié, protéines hydrolysées de blé, soya et maïs (extrait de levure autolysée, huiles partiellement hydrogénées de graines de coton et de soya), poudre de tomate, huile de tournesol, sucre, épices, gomme de guar, acide citrique et sulfites. Manufacturé sur des équipements où sont utilisés des arachides, des noix, des graines variées et du blé.

Raspberry Flavoured
 Gelatin
 Gélatine à saveur
 de framboise

Nutrition Facts Valeur nutritive	
Per 1 packet (26 g) / pour 1 sachet (26 g)	
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 100 (420 kJ)	
Fat / Lipides 0.5 g	1%
Saturated / saturés 0.3 g	2%
+ Trans / trans 0 g	
Cholesterol / Cholestérol 0 mg	0%
Sodium / Sodium 35 mg	1%
Carbohydrate / Glucides 2 g	1%
Fibre / Fibres 0 g	0%
Sugars / Sucres 0 g	
Protein / Protéines 20 g	
Vitamin A / Vitamine A	0%
Vitamin C / Vitamine C	0%
Calcium / Calcium	2%
Iron / Fer	2%

List of ingredients

Hydrolyzed collagen, gelatin, sugarbeet powder, citric acid, natural and artificial flavour, potassium citrate, sucralose (50 mg/portion), tricalcium diphosphate.

Liste d'ingrédients

Collagène hydrolysé, gélatine, betterave rouge en poudre, acide citrique, saveur naturelle et artificielle, citrate de potassium, sucralose (50 mg/portion), phosphate tricalcique.

Caramel Peanut
 Delight Bars
 Barre aux délices
 au caramel et
 arachides

Nutrition Facts Valeur nutritive	
Per 1 bar (41 g) / Pour 1 barre (41 g)	
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 160 (670 kJ)	
Fats / Lipides 5 g	8%
Saturated / saturés 3 g	15%
+ Trans / trans 0 g	
Cholesterol / Cholestérol 5 mg	
Sodium / Sodium 95 mg	4%
Potassium / Potassium 90 mg	3%
Carbohydrate / Glucides 15 g	5%
Fiber / Fibres 0 g	0%
Sugars / Sucres 4 g	
Sugar alcohol / Polyalcool 3 g	
Protein / Protéines 15 g	
Vitamin A / Vitamine A	0%
Vitamin C / Vitamine C	0%
Calcium / Calcium	6%
Iron / Fer	6%

List of ingredients

Protein blend (soy protein isolate, hydrolyzed gelatin, casein, whey protein isolate, milk protein concentrate), sugar, modified palm and palm kernel oil, cocoa, glycerin, maltitol syrup, water, peanuts, maltitol, milk mineral concentrate, natural and artificial flavours, malted milk powder (wheat), fructooligosaccharide, sunflower oil, butter, pectin, mono- and diglycerides, cream, salt, soy lecithin, gellan gum, DATEM (diacetyl tartaric ester of mono- and diglycerides), sucralose (10 mg/portion), sodium phosphate, sodium citrate, carrageenan, tocopherols. Contains soy, milk, peanuts, and wheat. May contain traces of tree nuts.

Liste d'ingrédients

Mélange protéique (isolat protéique de soya, gélatine hydrolysée, caséine, isolat protéique de lactosérum, concentré de protéines de lait), sucre, huile de palme et de palmiste modifiée, cacao, glycérine, sirop de maltitol, eau, arachides, maltitol, concentré de minéraux laitiers, arômes naturels et artificiels, lait malte en poudre (blé), fructooligosaccharide, huile de tournesol, beurre, pectine, mono- et diglycérides, crème, sel, lécithine de soya, gomme gellane, DATEM (esters tartrique de mono- et diglycérides acétylés), sucralose (10 mg/portion), phosphate de sodium, citrate de sodium, carraghénine, tocophérols. Contient du soya, du lait, des arachides et du blé. Peut contenir des traces de noix.