

# Protein- och energirika livsmedel



**Frysta pannkakor**  
(180 kcal, 5,6 g protein/2 st)



**Gräddglass** (234 kcal, 4 g protein/100g)



**Kesella naturell**  
(175 kcal, 12 g protein/halv förpackning)  
**Kesella vanilj**  
(190 kcal, 9 g protein/halv förpackning)



**Ostkaka**  
(170 kcal, 10 g protein/100g)



**Keso mellanmål**  
(210 kcal, 18 g protein/st)



**Hårdost**  
(195 kcal, 13 g protein/50 g)



**Dessertost**  
(170 kcal, 9 g protein/50g)



**Ägg** (85 kcal, 7 g protein/st)



**Makrill i tomatås**  
(225 kcal, 17 g protein/förp à 125g)



**Inlagd sill**  
(60 kcal, 3 g protein/3 bitar)



**Solrosfrön**  
(50 kcal, 2 g protein/1 msk)



**Cashewnötter**  
(360 kcal, 11 g protein/dl)



**Jordnötssmör**  
(100 kcal, 8,5 g)



**Oliver** (65 kcal, 1 g protein/10 st)



**Avokado**  
(210 kcal, 2 g protein/st)



**Alpro Go On**  
(128 kcal, 8 g protein/st)



**Fjällyoghurt** (90 kcal, 3 g protein/dl)



**Yoggi dröm** (110 kcal, 3 g protein/dl)



**Yalla! Drickkvarg** (175 kcal, 21,4 g protein/st)  
**Yalla! Kvarg** (120 kcal, 18,6 g protein/st)



**Arla proteinmjölk**  
(45 kcal, 5,3 g protein/dl)



**Risifrutti** (212 kcal, 5 g protein/st)  
**Mannafrutti** (228 kcal, 5 g protein/st)



**Turkisk yoghurt** (129 kcal, 4 g protein/dl)  
**Rysk yoghurt** (183 kcal, 3,5g protein/dl)



**Skyr naturell** (63 kcal, 11 g protein/dl)  
**Skyr vanilj** (74 kcal, 9,1 g protein/dl)



**Smaksatt Yoghurtkvarg**  
(80 kcal, 5,7 g protein/dl)



**Kokosyoghurt** (195 kcal, 2 g protein/st)



**ProPud** (144 kcal, 20 g protein/st)



**Yalla! Yoghurtsmoothie**  
(245 kcal, 9 g protein/st)  
**Yalla! Drickyoghurt**  
(175 kcal, 12 g protein/st)