

PLENNY SHAKE IS A VERY EASY WAY OF SAVING TIME AND STAYING HEALTHY. NOW, WHILE ENJOYING YOUR MEAL, LET'S TAKE A MOMENT TO THINK ABOUT ALL OF THE THINGS YOU COULD DO WITH THE EXTRA BIT OF TIME.



Water

Add as much water as you want in your shaker bottle or blender. We suggest starting off with around 150 ml (5oz) of water per scoop, but it really depends on how watery you like



Scoop

One scoop (50 g) of Plenny Shake is approximately 200 kcal. Use a scale if you want to be exact. Add more scoops to reach your desired meal size.



Mix

Shake your bottle well until all the water has mixed with the powder. You can pop some ice in your shake or refrigerate it before drinking. Store any mixed shake in your fridge and consume your shake within 2 days.

NL Kant en klare voedzame poedermaltijd met Chai Latte smaak, zoetstof en toegevoegde vitaminen en mineralen. **Gebruiksaanwijzing: Meng 96g Plenny Shake met 300ml water. Een zak Plenny Shake bevat 5 porties.** Ingrediënten: havermeel, vitaminen en mineralen mix (maltodextrine, natriumcitraat, calciumchloride, choline bitartraat, natriumchloride, vitamine C, vitamine E, vitamine D, vitamine A, niacine, natriumfluoride, pantotheenzuur, vitamine B6, kaliumjodaat, chroom(III)chloride, natriumglycolaat, biotine, vitamine B12), **sojameel**, zonnebloemolie, gemalen lijnzaad, aroma, L-theanine, cafeïne, zoetstof: sucralose. Ten minste houdbaar tot: zie achterkant. Bewaar in een koele en droge omgeving.

EN Ready-made nutritious powder meal with Chai Latte-flavor, sweetener and added vitamins and minerals. **Directions for usage: Mix 96g Plenny Shake with 300ml of water. One pouch Plenny Shake contains 5 portions.** Ingrediënten: oatmeal, vitamins and minerals mix (maltodextrin, sodium citrate, calcium chloride, choline bitartrate, sodium chloride, vitamin C, vitamin E, vitamin D, vitamin A, niacin, sodium fluoride, pantothenic acid, vitamin B6, potassium iodate, chromium(III)chloride, sodium polyglutamate, biotin, vitamin B12), **soy flour**, sunflower oil, ground flaxseed, flavoring, L-theanine, caffeine, sweetener: sucralose. Best before: see backside. Store in a cool and dry place.

DE Fertige nahrhafte Pulver-Mahlzeit mit Chai-Latte-Geschmack, Süßungsmittel und Vitaminen und Mineralstoffen. **Zubereitungs-methode: 96g Plenny Shake mit 300ml Wasser vermischen. Eine Beutel Plenny Shake enthält 5 Portionen.** Zutaten: **Hafermehl**, Vitaminen und Mineralien Mix (Maltodextrin, Natriumcitraat, Calciumchlorid, Cholinbitartrat, Natriumchlorid, Vitamin C, Vitamin E, Vitamin D, Vitamin A, Niacin, Natriumfluorid, Pantotheinsäure, Vitamin B6, Kaliumjodat, Chrom(III)chlorid, Natriumglycolat, Biotin, Vitamin B12), **sojamejöl**, malda linfrin, inulin, Aroma, Koffein, L-Theanin, Süßungsmittel: Sucralose. Mindestens haltbar bis: siehe Rückseite. Kühl und trocken lagern.

Gemiddelde voedingswaarde per / Gemiddeld nähringsvärde per 100 g 96 g***

Energie/Energy	1757 kJ	1674 kJ	20%**
Vetten/Fett	420 kcal	400 kcal	20%**
waarvan verzadigde vetzuren/ varav mättat fett	14 g	13 g	19%**
Koolhydraten/Kolhydrat	21 g	20 g	10%**
waarvan suikers/varav sockerarter	55 g	52 g	20%**
Vezels/Fiber	5,4 g	5,1 g	6%**
Eiwitten/Protein	7,4 g	7,1 g	20%**
Zout/Salt	15 g	15 g	29%**
	0,43 g	0,41 g	8%*

Vitaminen-Mineralen per / Vitaminer-Mineraler per 100 g 96 g***

Vitamine/Vitamin A	169 µg	160 µg	20%*
Vitamine/Vitamin D	3,2 µg	3,0 µg	60%*
Vitamine/Vitamin E	4,7 mg	4,5 mg	38%*
Vitamine/Vitamin K	20 µg	19 µg	25%*
Vitamine/Vitamin C	17 mg	16 mg	20%*
Thiamine/Thiamin	0,4 mg	0,4 mg	38%*
Riboflavine/Riboflavin	0,4 mg	0,3 mg	24%*
Niacine/Niacin	3,4 mg	3,2 mg	20%*
Vitamine/Vitamin B6	0,3 mg	0,3 mg	20%*
Biotine/Biotin	105 µg	99 µg	50%*
Pantotheenzuur/Pantotensyra	0,5 µg	0,5 µg	20%*
Kalium/Kalium	11 µg	10 µg	20%*
Chloride/Klorid	1,3 mg	1,2 mg	20%*
Calcium/Kalcium	815 mg	774 mg	39%*
Fosfor/Fosfor	168 mg	160 mg	20%*
Magnesium/Magnesium	306 mg	291 mg	42%*
ijzer/Ijrn	175 mg	166 mg	44%*
Zink/Zink	3,2 mg	3,1 mg	22%*
Koper/Koppar	2,3 mg	2,2 mg	22%*
Mangaan/Mangan	1,0 mg	0,9 mg	91%*
Fluoride/Fluorid	2,2 mg	2,1 mg	10%*
Seleen/Selen	0,7 mg	0,7 mg	20%*
Chroom/Krom	15 µg	14 µg	25%*
Molybdeen/Molybden	8,4 µg	8,0 µg	20%*
Jood/Jod	11 µg	10 µg	20%*
	32 µg	30 µg	20%*

* % van de dagelijkse referentie-inname voor vitaminen en mineralen/

% av det dagliga rekommenderade intaget för vitaminer och mineraler

** Referentie-inname van een gemiddelde volwassen (8 400 kJ/2 000 kcal)/

Referensintag för en genomsnittlig vuxen (8 400 kJ/2 000 kcal)

*** 1 portie/portion = 96 g

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480 g e



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