

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.



OPEN HERE

RESEALABLE

EN Ready-made nutritious powder meal with banana-flavour, sweetener and added vitamins and minerals. Directions for usage: Mix 129g Plenny Shake with 375ml of water. One pouch Plenny Shake contains 5 portions. Ingredients: oatmeal, soy flour, soy protein, maltodextrin, isomaltulose, ground flaxseed, sunflower oil, 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 molybdate, biotin, vitamin B12), freeze-dried banana powder (1%), beta-alanine, creatine-monohydrate, banana flavour, sweetener: sucralose. Best before: see backside. Store in a cool and dry place.

NL Kant en klare voedzame poedermaaltijd met bananensmaak, zoetstof en toegevoegde vitaminen en mineralen. Gebruiksaanwijzing: Meng 129g Plenny Shake met 375ml water. Een zak Plenny Shake bevat 5 porties. Ingrediënten: havermeel, sojameel, soja eiwit, maltodextrine, isomaltulose, gemalen lijnzaad, zonnebloemolie, vitaminen en mineralen mix (maltodextrine, natriumnitraat, calciumchloride, choline bitartraat, natriumchloride, vitamine C, vitamine E, vitamine D, vitamine A, niacine, natriumfluoride, pantotheenzuur, vitamine B6, kaliumjodaat, chroom(III)chloride, natriummolybdaat, biotine, vitamine B12), gevriesdroogd bananenpoeder (1%), beta-alanine, creatine-monohydraat, bananensmaakaroma, zoetstof: sucralose. Ten minste houdbaar tot: zie achterkant. Bewaar in een koele en droge omgeving.

DE Fertig nahrhaft pulver Mahlzeit mit Bananen-Geschmack, Süßungsmittel und Vitaminen und Mineralstoffe. Zubereitungsmethode: 129g Plenny Shake mit 375ml Wasser vermischen. Eine Tasche Plenny Shake enthält 5 Portionen. Zutaten: Hafermehl, Sojamehl, Sojaprotein, Maltodextrin, Isomaltulose, gemahlene Leinsamen, Sonnenblumenöl, Vitamine und Mineralien Mix (Maltodextrin, Natriumcitrat, Calciumchlorid, Cholinbitartrat, Natriumchlorid, Vitamin C, Vitamin E, Vitamin D, Vitamin A, Niacin, Natriumfluorid, Pantothensäure, Vitamin B6, Kaliumjodat, Chrom(III)chlorid, Natriummolybdat, Biotin, Vitamin B12), gefriergetrocknetes Bananenpulver (1%), beta-Alanin, Creatin Monohydrat, Bananengeschmackaroma, Süßungsmittel: Sucralose. Mindestens haltbar bis: siehe Rückseite. Kühl und trocken lagern.

Gemiddelde voedingswaarde per / Average nutritional value per 100 g 129 g***

Energie/Energy	1627 kJ	2092 kJ	25%**
	389 kcal	500 kcal	25%**
Vetten/Fat	8 g	10 g	15%**
waarvan verzadigde vetzuren / of which saturates	1,4 g	1,8 g	9%**
Koolhydraten/Carbohydrate	49 g	64 g	24%**
waarvan suikers/of which sugars	18,9 g	24,3 g	27%**
Vezels/Fibre	5,8 g	7,5 g	21%**
Eiwitten/Protein	27 g	34 g	68%**
Zout/Salt	0,32 g	0,41 g	8%**

Vitaminen-Mineralen per / Vitamins-Minerals per 100 g 129 g***

Vitamine/Vitamin A	125 µg	160 µg	20%*
Vitamine/Vitamin D	2,3 µg	3,0 µg	60%*
Vitamine/Vitamin E	2,3 mg	3,0 mg	25%*
Vitamine/Vitamin K	15 µg	19 µg	25%*
Vitamine/Vitamin C	12 mg	16 mg	20%*
Thiamine/Thiamin	0,4 mg	0,5 mg	42%*
Riboflavine/Riboflavin	0,3 mg	0,4 mg	26%*
Niacine/Niacin	2,7 mg	3,5 mg	22%*
Vitamine/Vitamin B6	0,2 mg	0,3 mg	22%*
Foliumzuur/Folic Acid	106 µg	136 µg	68%*
Vitamine/Vitamin B12	0,4 µg	0,5 µg	20%*
Biotine/Biotin	8 µg	10 µg	20%*
Pantotheenzuur/Pantothenic acid	0,9 mg	1,2 mg	20%*
Kalium/Potassium	627 mg	806 mg	40%*
Chloride/Chloride	124 mg	160 mg	20%*
Calcium/Calcium	153 mg	197 mg	25%*
Fosfor/Phosphorus	354 mg	455 mg	65%*
Magnesium/Magnesium	136 mg	175 mg	47%*
Ijzer/Iron	4,8 mg	6,1 mg	44%*
Zink/Zinc	2,3 mg	3,0 mg	30%*
Koper/Copper	1,0 mg	1,2 mg	125%*
Mangaan/Manganese	1,9 mg	2,4 mg	120%*
Fluoride/Fluoride	0,5 mg	0,7 mg	20%*
Seleen/Selenium	11 µg	14 µg	26%*
Chroom/Chromium	6,2 µg	8,0 µg	20%*
Molybdeen/Molybdenum	8 µg	10 µg	20%*
Jood/Iodine	23 µg	30 µg	20%*

* % van de dagelijkse referentie-inname voor vitaminen en mineralen / % of the daily reference intake for vitamins and minerals.
 ** Referentie-inname van een gemiddelde volwassene (8 400 kJ/2 000 kcal) / Reference intake of an average adult (8400 kJ/2000 kcal)
 *** 1 portie/serving = 129 g

Water

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



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.



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