

What to have with Be Fit Food's 30g Protein Booster

The Be Fit Food Protein Booster is a low lactose whey protein isolate and concentrate, containing branched-chain amino acids. It is specifically formulated to assist with weight loss and keep you feeling fuller for longer.

Be Fit Food promotes living an active lifestyle. The Be Fit Food Protein Booster promotes muscle maintenance and can optimise muscle recovery. Best served with icy cold water and milk or pour over ice

Please note: 30g of Protein Booster is already measured in your single serve bottles. For the 7-Day Sachets, one scoop of Protein Booster equates to 30g.

30G VANILLA PROTEIN BOOSTER + 150ML WATER + 50ML MILK	TOTAL CALORIES WITH PROTEIN BOOSTER	TOTAL PROTEIN (G) WITH PROTEIN BOOSTER	TOTAL CARBOHYDRATE (G) WITH PROTEIN BOOSTER
Water only	111	22.8	1.7
Skim	129	24.5	4.3
Soy	141	24.8	4.4
Unsweetened almond	119	23.1	2.1
Unsweetened coconut	124	22.9	2.7

30G CHOCOLATE PROTEIN BOOSTER + 150ML WATER + 50ML MILK	TOTAL CALORIES WITH PROTEIN BOOSTER	TOTAL PROTEIN (G) WITH PROTEIN BOOSTER	TOTAL CARBOHYDRATE (G) WITH PROTEIN BOOSTER
Water only	108	22.3	1.6
Skim	126	23.9	4.2
Soy	138	24.3	4.3
Unsweetened almond	116	22.5	1.9
Unsweetened coconut	121	22.4	2.6



For coffee lovers, add a shot of espresso to create a protein vanilla latte or mocha and pour over ice.

eat yourself better.™