

# PREP BOX KATASTROFLÖDAN

19593 kcal  
Vegetarisk



Generation: 2.0  
In production from: March 2022  
Until: Ongoing

B. VIKT/ G.WEIGHT	12 126g
ENERGI / ENERGY	19 593 kcal
FETT / FAT	827g (38E%)
KOLHYDR / CARBH	2182g (45E%)
PROTEIN / PROTEIN	699g (14E%)
FIBRER / FIBRES	291g (3E%)

## FRUKOST / BREAKFAST

Granola med äpple & kanel 4 st – Müsli med mjölk & kokos 4 st – Veterynsgröt med vanilj 3 st  
(ENG) Granola with apple & cinnamon 4 pcs – Muesli with milk & coconut 4 pcs – Wheat porridge with 3 pcs.

## MÅLTIDER / MEALS

Mexikansk gryta 4 st – Vegetarisk kryddig pasta 4 st – Kebabgryta 3 st – Rökig gryta 3 st – Stroganoff med ris & svamp 4 st – Chili sin carne 4 st / (ENG) Mexican casserole 4 pcs – Veg spicy pasta 4 pcs – Kebab stew 3 pcs – Smokey stew 3 pcs – Stroganoff with rice & mushrooms 4 pcs – Chili sin carne 4 pcs.

## SNACKS

Nöt-cremé 12 st / (ENG) Nut-cream 12 pcs

**INNEHÅLLER / CONTAINS:** **Gluten**/gluten, **laktos**/lactose, **mjölk**/milk, **nötter**/nuts, **jordnötter**/peanuts, **soja**/soy, **ägg**/egg, **selleri**/celery, **senap**/mustard, **S02/S02**. (Se separat produkt / see separate product)

Preppbox packas och distribueras av Outmeals AB för Preppbox- Katastrofen AB

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**OUT  
MEALS**  
THE PEAKS OF  
YOUR DAY