

# NUTRITIONAL VALUES

Dear customers, we track nutritional values for our Fit Calories products.

	fats /100g	fats g/serving	carbs /100g	carbs g/serving	proteins /100g	proteins g/serving	salt /100g	salt g/serving	kcal /100g	kcal / serving
<b>Shrimp with olive tapenade</b>	<b>3,50</b>	<b>5,25</b>	26	<b>39</b>	5,60	8,40	0,41	0,62	168	320
<b>Goat cheese with apples</b>	<b>15</b>	<b>26,25</b>	20	<b>35</b>	7,30	12,78	2,20	3,85	183	252
<b>Salmon &amp; egg</b>	<b>18,35</b>	<b>29,54</b>	20,03	<b>32,25</b>	11,44	18,42	1,75	2,82	291	468
<b>Halloumi &amp; avocado</b>	<b>10,55</b>	<b>15,30</b>	22,11	<b>32,06</b>	10,70	15,52	1,40	2,03	226	328
<b>Greek yoghurt</b>	<b>13,24</b>	<b>29,26</b>	7,66	<b>16,93</b>	3,67	8,11	0,08	0,18	164,50	364
<b>Baked salmon salad</b>	<b>6,58</b>	<b>18,42</b>	4,22	<b>11,81</b>	4,42	12,37	1	2,8	93,78	263
<b>Salad with halloumi</b>	<b>6,46</b>	<b>15,63</b>	3,95	<b>9,55</b>	5,77	13,96	0,79	2,29	97,02	235
<b>Caesar salad</b>	<b>9,57</b>	<b>28,04</b>	7,02	<b>20,57</b>	7,51	22	0,66	1,93	144,30	423