Nutrition Facts
Valeur nutritive

Per 2 pancakes (73 g)
pour 2 crêpes (73 g)

	% Daily Value* / % valeur quotidienne*
Calories 140	
Fat / Lipides 3 g	4 %
Saturated / saturés 0.4 g + Trans / trans 0 g	2 %
Carbohydrate / Glucides 19 g	
Fibre / Fibres 1 g	4 %
Sugars / Sucres 4 g	4 %
Protein / Protéines 10 g	
Cholesterol / Cholestérol 10 mg	
Sodium 270 mg	12 %
Potassium 40 mg	1 %
Calcium 50 mg	4 %
Iron / Fer 1.25 mg	7 %

*5% or less is a little, 15% or more is a lot
*5 % ou moins c'est peu, 15 % ou plus c'est beaucoup

Ingredients: Water, Enriched flour, Wheat gluten, Vital wheat gluten, Sugar, Canola and/or soybean oils, Whey protein concentrate, Leavening (baking soda, sodium acid pyrophosphate, monocalcium phosphate), Casein, Whey protein isolate, Dried whole egg, Soya lecithin, Natural flavour, Salt, Reb A (stevia leaf extract).
Contains: Barley, Egg, Milk, Soy, Wheat.
Ingrédients : Eau, farine enrichie, Gluten de blé, Gluten de blé élastique, Sucre, Huiles de canola et/ou de soya, Concentré de protéine de lactosérum, Levain (bicarbonate de sodium, pyrophosphate acide de sodium, phosphate monocalcique), Caséine, Isolat de protéine de lactosérum, Poudre d'œuf entier, Lécithine de soya, Saveur naturelle, Sel, Reb A (extrait de feuille de stévia).
Contient : Blé, Lait, Œuf, Orge, Soya.

Be Wellbakers, LLC
PO Box 12075, North Little Rock, AR
72213-0075 | USA

Questions or Comments / Questions ou commentaires ? 1-800-624-3301

At Premier Protein®, our mission is to inspire optimism on the journey to becoming a happier, healthier you. With our unbeatable taste, Premier Protein® Pancakes are a perfect way to kickstart your day.

Chez Premier Protein®, notre mission est d'inspirer l'optimisme pour le chemin qui mène à un soi-même plus heureux et en meilleur santé. Avec notre goût imbattable, les crêpes Premier Protein® sont un moyen idéal de démarrer votre journée.

HEATING INSTRUCTIONS/MODE DE RÉCHAUFFAGE :

MICROWAVE (1100 W)
MICRO-ONDES (1 100 W)

1. *Remove frozen pancakes from the wrapper.*
   Retirer les crêpes congelées de l'emballage.
2. *Stack desired number of pancakes on a microwave safe dish. Cover with paper towel.*
   Empiler la quantité désirée dans une assiette allant au micro-ondes. Couvrir avec un essuie-tout.
3. *Heat on High according to the number of pancakes heated. For even heating, flip the stack halfway through cook time.*
   Chauffer à intensité maximale selon la quantité de crêpes. Pour un réchauffage uniforme, tourner les crêpes à la mi-cuisson.

1 PANCAKE 35 seconds	2 PANCAKES 55 seconds	3 PANCAKES 1.20 minutes
1 CRÊPE 35 secondes	2 CRÊPES 55 secondes	3 CRÊPES 1.20 minutes

Microwave heating instructions developed using 1100 watt microwave. Overheating may cause pancakes to toughen.
Les instructions de réchauffage sont pour un micro-ondes de 1 100 watts. Trop chauffer peut durcir les crêpes.

KEEP FROZEN UNTIL READY TO USE.
DO NOT REFREEZE. HEAT THOROUGHLY BEFORE EATING. FOLLOW PREPARATION INSTRUCTIONS. DO NOT CONSUME IF FROZEN OR UNDERCOOKED.
GARDER CONGELÉ JUSQU'À UTILISATION.
NE PAS RECONGELER. BIEN CHAUFFER AVANT DE CONSOMMER. SUIVRE LE MODE. NE PAS CONSOMMER CONGELÉS OU INSUFFISAMMENT RÉCHAUFFÉS.

CONVENTIONAL OVEN
FOUR ORDINAIRE

1. *Preheat oven to 375°F/190°C.*
   Préchauffer le four à 375 °F / 190 °C.
2. *Remove frozen pancakes from wrapping and place in a single layer on a baking sheet.*
   Retirer les crêpes congelées de leur emballage et en étaler une couche sur une plaque à pâtisserie.
3. *Cover the pancakes with foil and bake until warm.*
   Couvrir les crêpes de papier d'aluminium et les chauffer jusqu'à ce qu'elles soient chaudes.
4. *A half full baking sheet of pancakes, heat for 5-7 minutes. For a full baking sheet heat for 10-12 minutes.*
   Chauffer une demi-plaque à pâtisserie de crêpes pendant 5 à 7 minutes. Chauffer une plaque pleine pendant 10 à 12 minutes.

Protein Breakfast Same Day Delivery Tutorial

Didier Musso

Protein Breakfast Same Day Delivery Tutorial:

Academy Of Nutrition And Dietetics Complete Food And Nutrition Guide, 5th Ed Roberta Duyff,2017-04-18 The newest edition of the most trusted nutrition bible Since its first highly successful edition in 1996 The Academy of Nutrition and Dietetics Complete Food and Nutrition Guide has continually served as the gold standard resource for advice on healthy eating and active living at every age and stage of life At once accessible and authoritative the guide effectively balances a practical focus with the latest scientific information serving the needs of consumers and health professionals alike Opting for flexibility over rigid dos and don ts it allows readers to personalize their own paths to healthier living through simple strategies This newly updated Fifth Edition addresses the most current dietary guidelines consumer concerns public health needs and marketplace and lifestyle trends in sections covering Choices for Wellness Food from Farm to Fork Know Your Nutrients Food for Every Age and Stage of Life and Smart Eating to Prevent and Manage Health Issues Counseling the Nursing Mother: A Lactation Consultant's Guide Judith Lauwers,Anna Swisher,2020-07-01 Counseling the Nursing Mother A Lactation Consultant s Guide Seventh Edition presents topics within a counseling framework with practical suggestions and evidence based information interwoven throughout Additionally the Seventh Edition is an ideal study guide for International Board Certified Lactation Consultant IBCLC certification and practice Country Guide and Nor'west Farmer ,1925 A Laboratory Guide and Note Book for Use in the Study of Food Preparation, for High School Classes in Domestic Science Beth Warner Mull Josserand,1915 A Guide for Developing a Homemaking Curriculum North Dakota. Dept. of Public Instruction. Division of Vocational Education,1950 *Scientific American* ,1916 Audiovisual Guide to the Catalog of the Food and Nutrition Information and Educational Materials Center ,1977 *Audiovisual Guide to the Catalog of the Food and Nutrition Information and Educational Materials Center* Food and Nutrition Information Center (U.S.),1977 **Audiovisual Guide to the Catalog of the Food and Nutrition Information and Educational Materials Center** Food and Nutrition Information and Educational Materials Center (U.S.),1977 *The Clinical Journal* ,1916 *Parents' Magazine & Family Home Guide* ,1958 Teacher's Dietetic Guide Alida Frances Pattee,1923 Country Guide ,1928 **Basic Life Science** ,1964 *Macoupin County Farmers' Guide* ,1923 **Clinical Journal** ,1916 The Medico-Pharmaceutical Critic and Guide ,1911 **Carlton Fredericks' Nutrition Guide for the Prevention and Cure of Common Ailments and Diseases** Carlton Fredericks,1982 Abstract The philosophy of a nutrition practitioner who believes that nutrition i e nutrients can treat specific ailments more efficiently and effectively than conventional medical treatment is presented The author states that his recommendations may not be medically acceptable based on today s standards because most of the data is based largely on the anecdotal The author s goal is to close the gap between the nutritional research buried in journals and the public s awareness of the benefits that can be derived from nutritional therapy and treatments The book is designed for anyone who has suffered from any of the myriad of disorders that are responsive to treatment with diet and nutrients It is not

a book on self medication but a guide to help those who want to apply nutrition to their treatment and to help correct irrational nutritional choices of the past A doctor should be consulted prior to implementing the suggestions offered in this book kbc Parenting Guide to Pregnancy & Childbirth Paula Spencer,1998 Sourcebook covering pregnancy and childbirth from conception through the first weeks of a baby s life Includes information on physical and emotional changes during pregnancy fetal development eating and fitness special situations work concerns and newborn basics **The Total Guide to a Healthy Heart** Seth J. Baum,2000 In an easy to read friendly manner and using case studies to emphasize his points a triple board certified cardiologist presents the best conventional and alternative strategies for preventing and reversing heart disease

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Protein Breakfast Same Day Delivery Tutorial Introduction

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