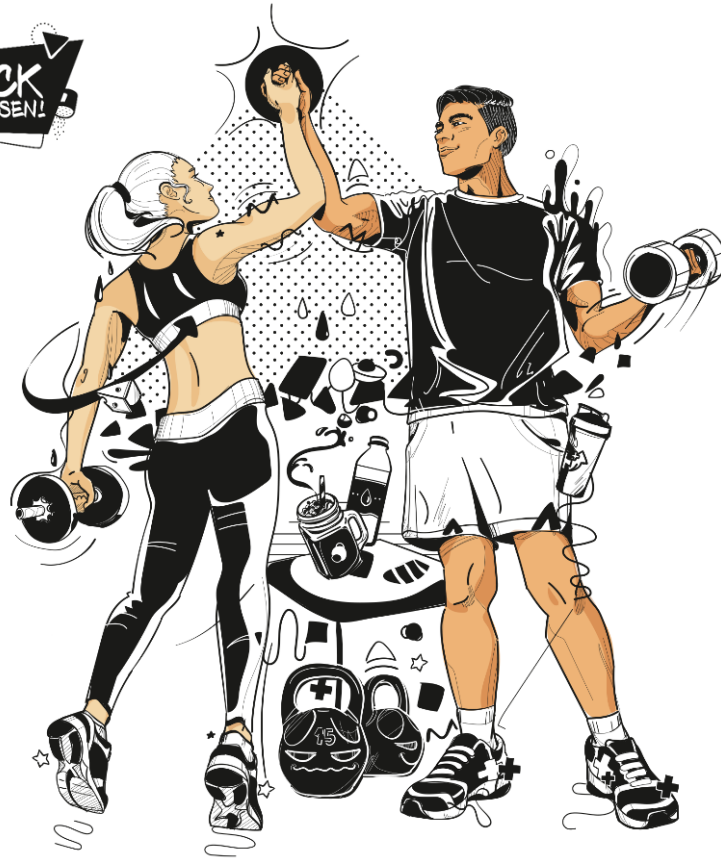
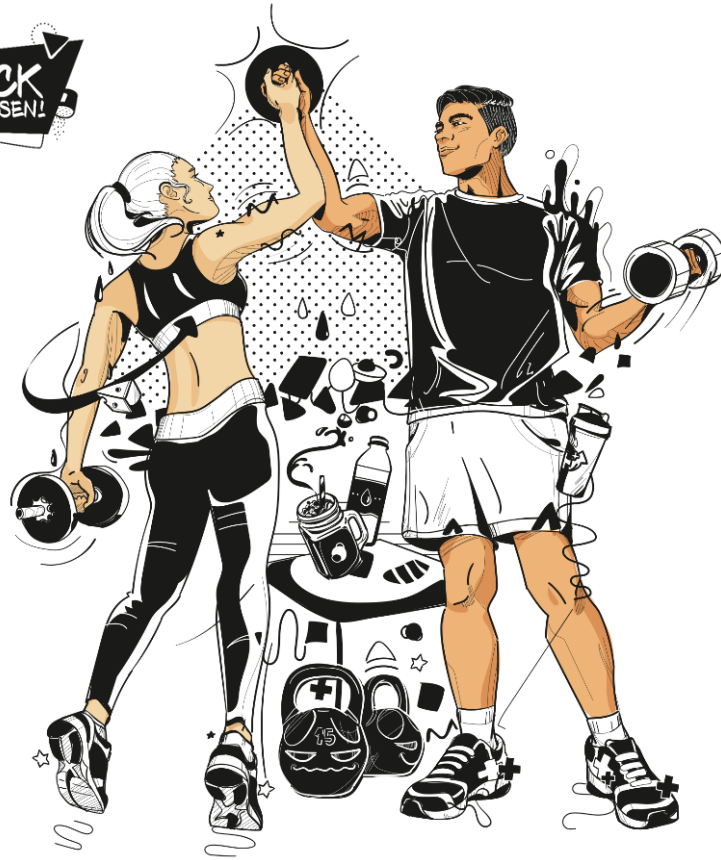


**CHECK
DEIN ESSEN!**



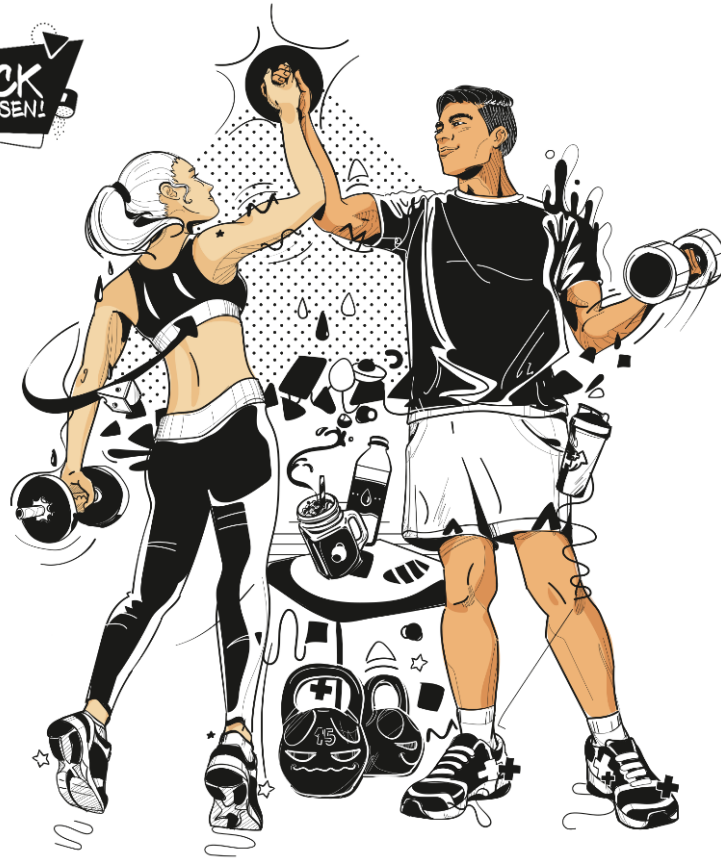
19g Eiweiß

**CHECK
DEIN ESSEN!**



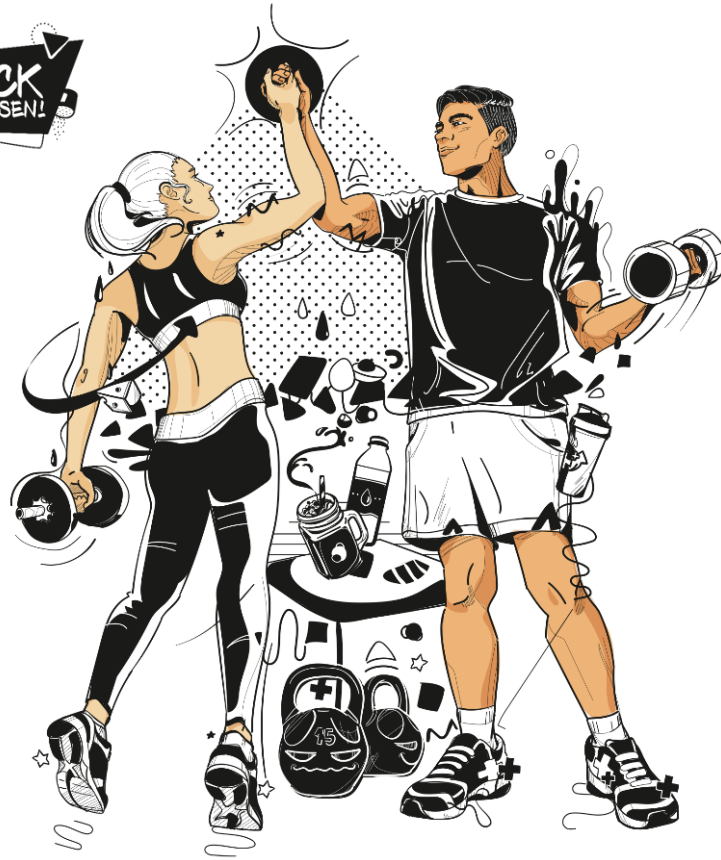
17g Eiweiß

**CHECK
DEIN ESSEN!**



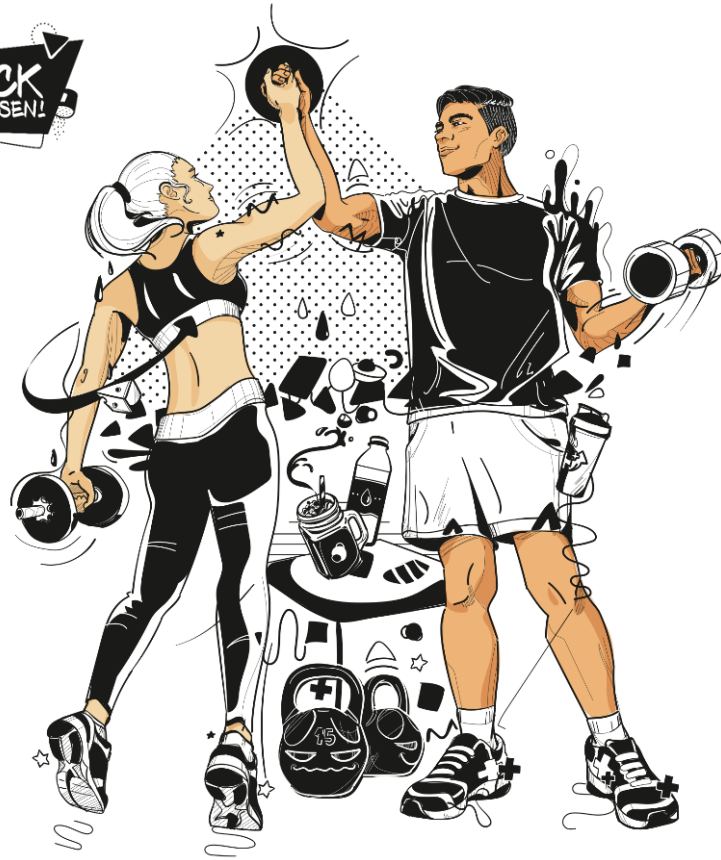
6g Eiweiß

CHECK
DEIN ESSEN!



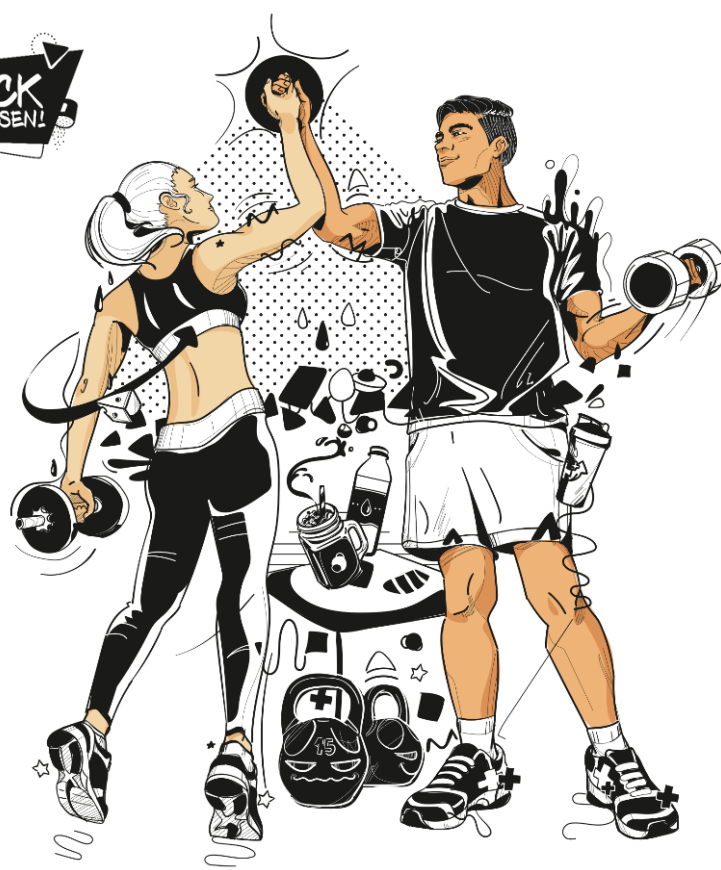
3g Eiweiß

**CHECK
DEIN ESSEN!**



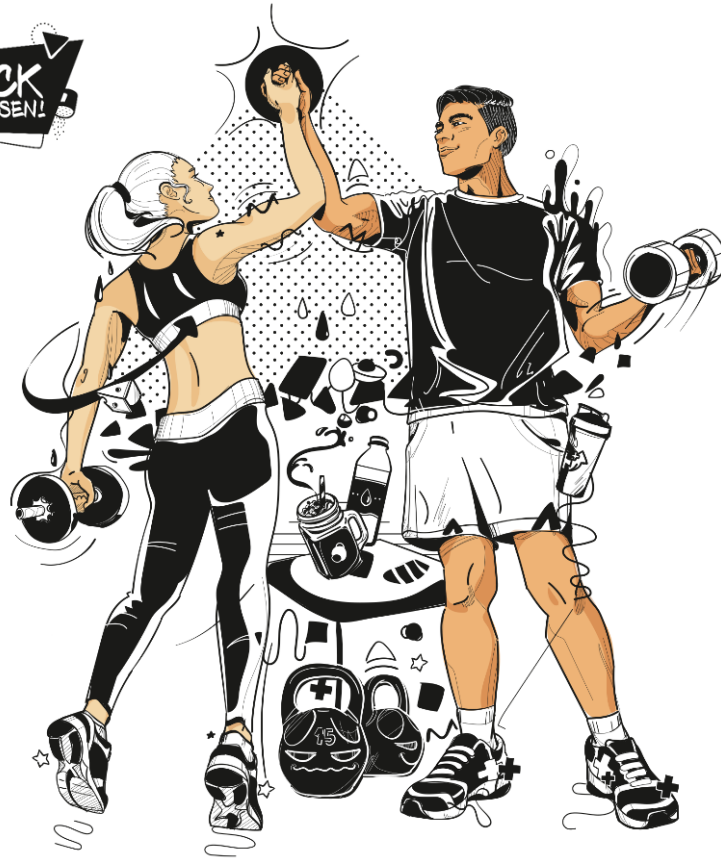
55g Eiweiß

**CHECK
DEIN ESSEN!**



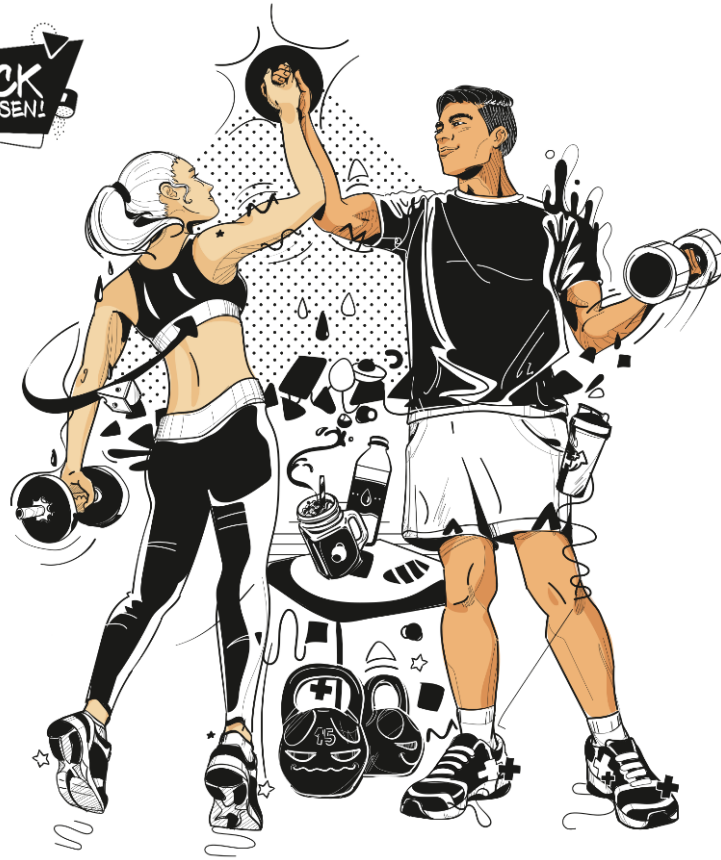
30g Eiweiß

**CHECK
DEIN ESSEN!**



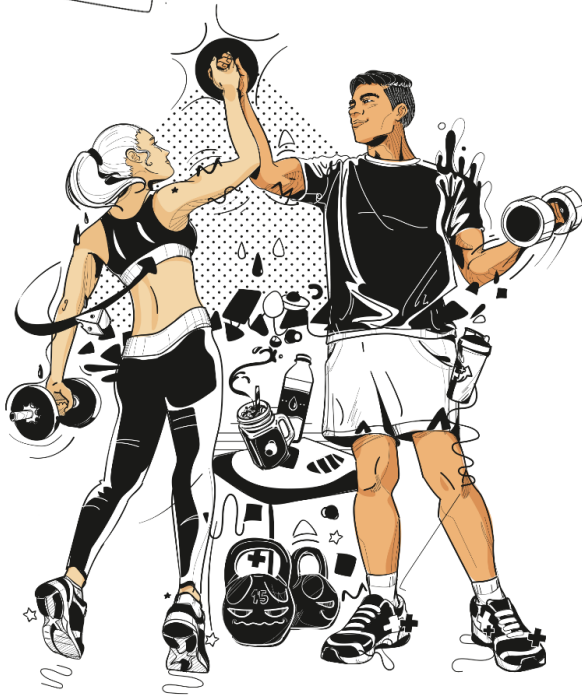
4g Eiweiß

**CHECK
DEIN ESSEN!**



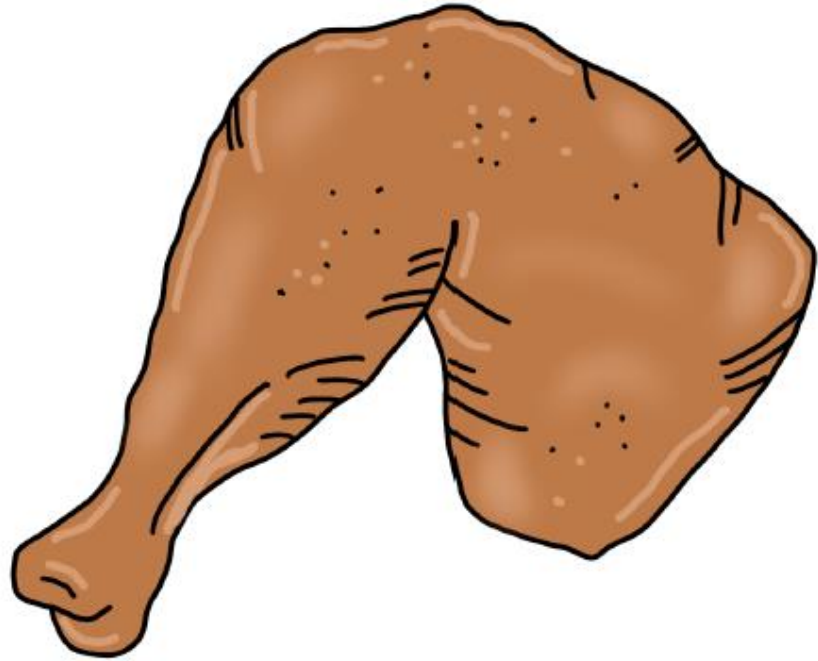
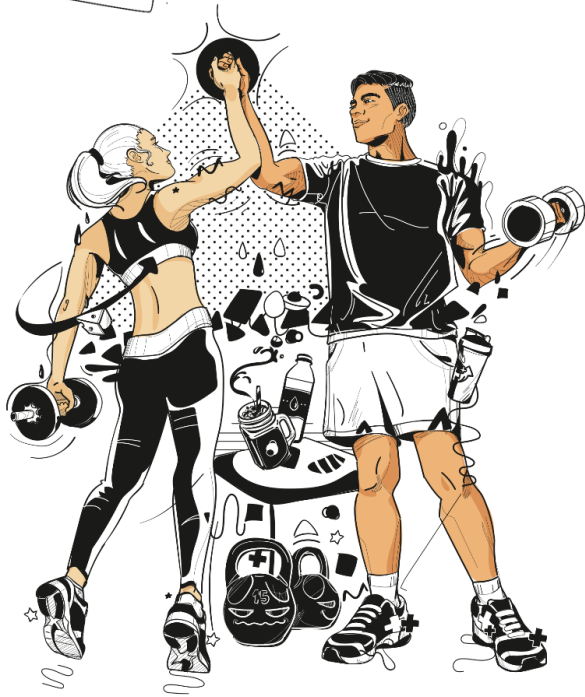
7g Eiweiß

**CHECK
DEIN ESSEN!**



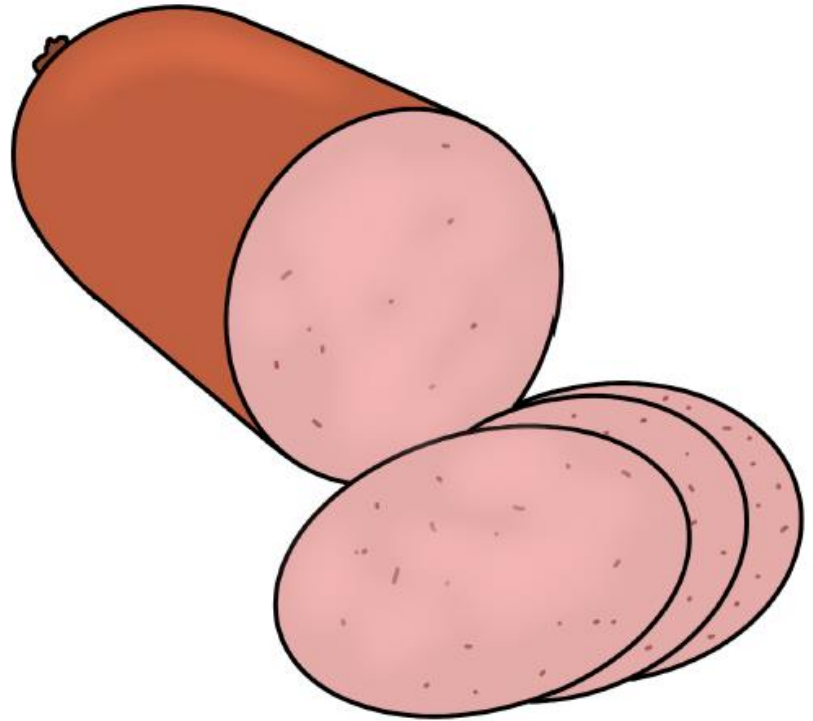
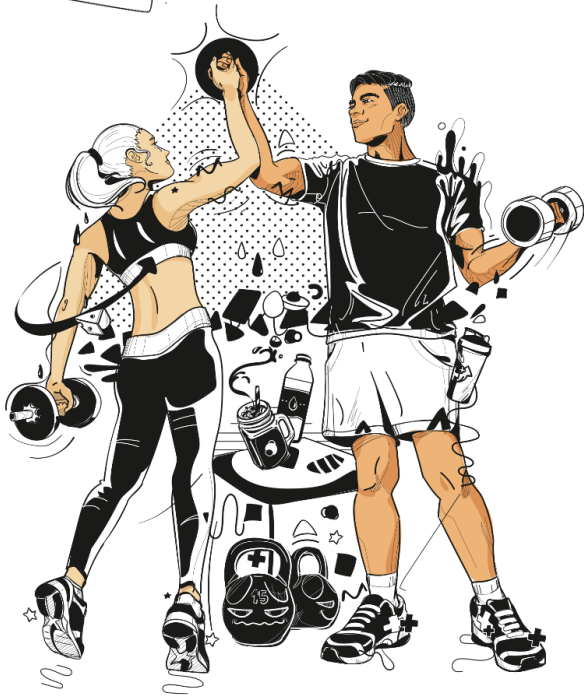
Wie viel Gramm Eiweiß hat eine Portion Körniger Frischkäse (25g)?

**CHECK
DEIN ESSEN!**



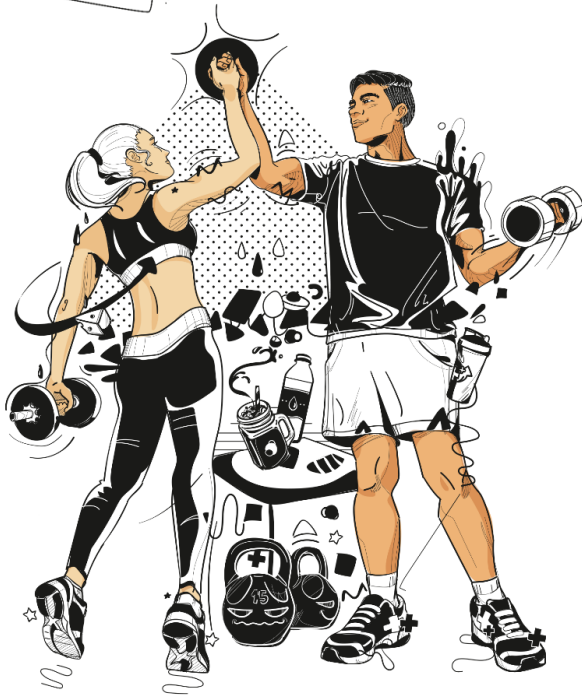
Wie viel Gramm Eiweiß hat eine Portion Hähnchen Schenkel (200g)?

**CHECK
DEIN ESSEN!**



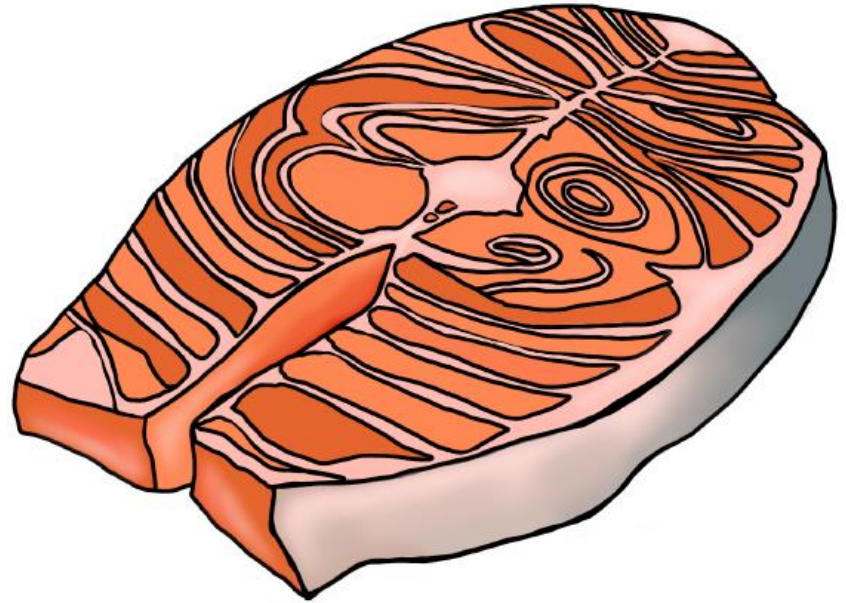
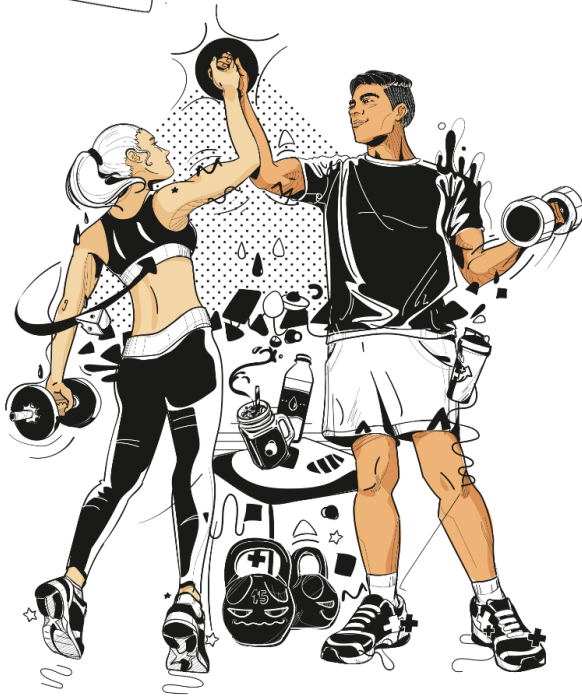
**Wie viel Gramm Eiweiß hat eine Portion Schinkenwurst
(25g)?**

**CHECK
DEIN ESSEN!**



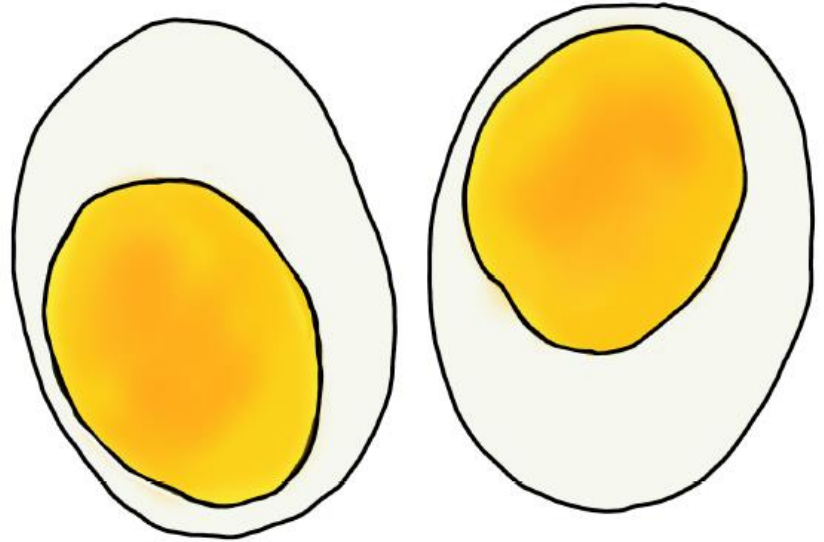
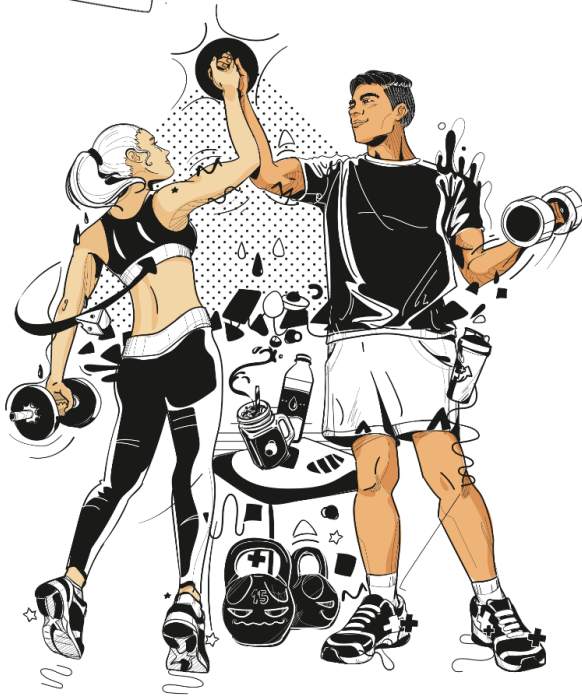
Wie viel Gramm Eiweiß hat eine Portion Naturjoghurt (150g)?

**CHECK
DEIN ESSEN!**



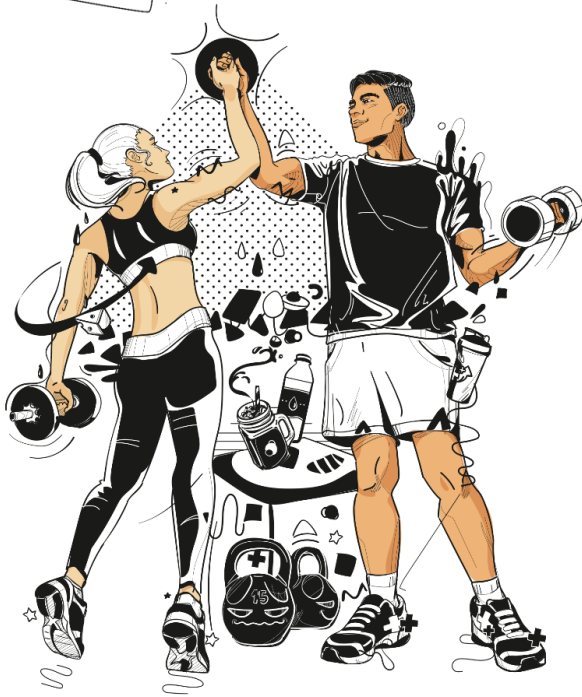
Wie viel Gramm Eiweiß hat eine Portion Lachsfilet (150g)?

**CHECK
DEIN ESSEN!**



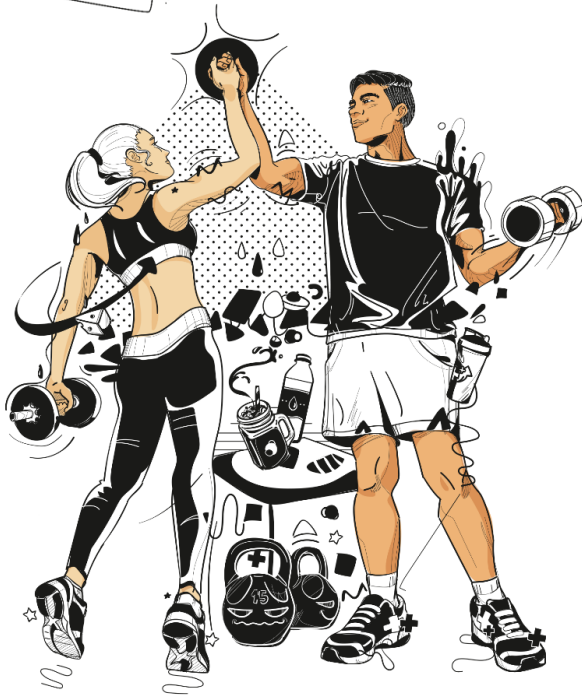
Wie viel Gramm Eiweiß hat eine Portion gekochte Eier (50g)?

**CHECK
DEIN ESSEN!**



Wie viel Gramm Eiweiß hat eine Portion Quark (150g)?

**CHECK
DEIN ESSEN!**



Wie viel Gramm Eiweiß hat eine Portion Skyr (125g)?