



Protein Package vegan

38'778 kcal

- Dimensions:** 55 x 41 x 23 L/W/H in cm
- Weight:** 14.8 kg
- Storage:** Preferably cool and dry, without direct sunlight.
Ideally at a constant temperature of approx. 15-20° Celsius.
- Once opened:** Close again with the enclosed plastic lid. Do not eat directly from the container (contamination), then the opened product can be consumed for several weeks.
Avoid huge temperature range to prevent condensation.
- Shelf Life:** 10 years. Vacuumed and sealed under protective atmosphere (Swiss Can Machinery).

nutritional values per 100g:

product	energy KJ / kcal	fat	saturated fat	carbs	sugars	protein	salt	fibre
yellow peas	1275 / 303	1.4g	0.3g	41.2g	3.3g	22.9g	0.061g	16.6g
chickpeas	1412 / 336	5.9g	1.1g	44.3g	2.4g	18.6g	0.05g	15.5g
red lentils	1429 / 341	1.5g	0.3g	50g	1.1g	26g	0.01g	13g
black beans	1604 / 380	1.4g	0.4g	62.4g	2.1g	21.6g	0,013g	15.5g

Ingredients and directions

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3 tins of Yellow Peas precooked, 800g each, total 2400g (7272kcal)

Ingredients: yellow peas, precooked and dehydrated

Soak in cold water or sprinkle directly into a dish and leave it to rest

3 tins of Chickpeas precooked, 800g each, total 2400g (8064kcal)

Ingredients: chickpeas precooked and dehydrated

Soak in cold water or sprinkle directly into a dish and leave it to rest

3 tins of Red Lentils, 1400g each, total 4200g (14322 kcal)

Ingredients: red lentils

Let it simmer for 10 to 15 min

3 tins of Black Beans precooked, 800g each, total 2400g (9120 kcal)

Ingredients: black beans precooked and dehydrated

Soak in cold water or sprinkle directly into a dish and leave it to rest

