



Información Nutricional en 100 gramos Desayunos

| Receta | Grasa | Proteína | Carbohidratos | Azúcar | Fibra | Carbohidratos netos | Calorías | Ciclo | Observaciones |
|--|-------|----------|---------------|--------|-------|---------------------|----------|----------------|-------------------------------------|
| Batido energético de chocolate | 7.6 | 2.5 | 9.6 | 3.4 | 3.1 | 6.5 | 110.4 | Balance | |
| Bircher paleo | 9.9 | 3.5 | 10.6 | 4.6 | 3.9 | 6.7 | 140.4 | Balance | |
| Budín de chia blanca | 4.6 | 2.1 | 6.5 | 1.4 | 4.0 | 2.5 | 71.6 | Balance | |
| BUDÍN DE CHÍA FRUTILLAS Y ARÁNDANOS | 3.4 | 1.8 | 9.3 | 3.8 | 3.9 | 5.4 | 68.9 | Keto y balance | |
| Budín de chia y arándanos | 3.1 | 1.4 | 7.8 | 3.6 | 2.9 | 4.9 | 59.8 | Keto y balance | |
| Budín de chia y berries | 3.3 | 2.0 | 9.4 | 3.4 | 5.1 | 4.3 | 69.8 | Keto y balance | |
| Budín de chia y chocolate | 4.7 | 2.6 | 8.2 | 1.3 | 4.5 | 3.7 | 82.1 | Keto y balance | |
| Frittata de coliflor | 4.0 | 5.1 | 4.5 | 1.8 | 1.5 | 3.0 | 72.1 | Keto y Balance | |
| Frittata o tortilla de huevos | 22.7 | 10.8 | 0.6 | 0.3 | 0.0 | 0.6 | 248.9 | Keto y Balance | |
| Granola Paleo | 43.2 | 15.1 | 29.7 | 9.2 | 9.2 | 20.5 | 540.5 | Balance | |
| Latte de cúrcuma | 2.9 | 0.2 | 1.5 | 1.2 | 0.0 | 1.5 | 31.1 | Keto y balance | |
| Leche de coco | 4.1 | 0.4 | 7.5 | 5.5 | 1.4 | 6.1 | 66.2 | Keto y balance | En keto, no más de 100 ml |
| Leche de frutos secos | 6.3 | 2.5 | 2.5 | 0.6 | 1.3 | 1.2 | 72.3 | Keto y balance | |
| Mantequilla de frutos secos | 52.1 | 20.7 | 20.7 | 5.0 | 10.7 | 10.0 | 592.9 | Keto y balance | Alto en calorías |
| Palta asada con huevos | 13.0 | 5.5 | 5.9 | 0.6 | 4.4 | 1.5 | 151.3 | Keto y balance | |
| Pan de linaza rubia | 21.1 | 9.2 | 14.9 | 0.8 | 13.8 | 1.1 | 267.6 | Keto y balance | |
| Pan de quinoa y chia | 15.0 | 8.8 | 37.5 | 0.2 | 6.5 | 31.0 | 314.6 | Balance | |
| Pan de quinoa y semillas | 20.3 | 9.6 | 24.6 | 2.6 | 9.3 | 15.4 | 295.7 | Balance | |
| Pan keto Almendras y semillas | 30.9 | 14.9 | 21.8 | 1.8 | 15.1 | 6.7 | 394.5 | Keto y balance | |
| Pan Keto de almendras, linaza y maravilla | 26.5 | 11.5 | 17.6 | 1.6 | 13.2 | 4.4 | 320.6 | Keto y balance | |
| Pan Keto de harina de coco y almendras | 9.8 | 7.2 | 18.5 | 2.8 | 7.7 | 10.8 | 170.8 | Keto y balance | |
| Pan Keto Hamburguesa de harina de coco y almendras | 9.6 | 7.2 | 17.5 | 2.8 | 7.7 | 9.8 | 171.1 | Keto y balance | |
| Pan Sandwich o tapaditos | 46.1 | 11.2 | 13.5 | 2.0 | 5.7 | 7.8 | 495.5 | Keto y balance | |
| Pan trigo sarraceno | 6.4 | 40.0 | 40.0 | 0.2 | 6.2 | 33.8 | 235.6 | Balance | |
| Pancakes de trigo sarraceno | 22.2 | 4.2 | 18.7 | 1.9 | 3.3 | 15.3 | 283.6 | Balance | |
| Pancakes low carb | 12.5 | 8.8 | 6.8 | 2.0 | 1.0 | 5.7 | 181.3 | Keto y balance | |
| Pancakes low carb coco | 13.3 | 8.7 | 6.5 | 1.8 | 1.1 | 5.4 | 184.7 | Keto y balance | |
| Pasta de pollo | 7.5 | 20.8 | 0.0 | 0.0 | 0.0 | 0.0 | 158.5 | Keto y balance | |
| Paté de pollo | 13.0 | 12.6 | 1.9 | 0.7 | 0.4 | 1.5 | 177.8 | Keto y balance | |
| Porridge de amaranto | 5.3 | 6.3 | 29.6 | 1.6 | 4.4 | 25.2 | 183.7 | Balance | |
| Porridge Low Carb | 7.3 | 2.9 | 7.3 | 2.9 | 3.2 | 4.1 | 96.8 | Keto y balance | |
| Porridge Low Carb con plátano | 6.4 | 2.7 | 8.8 | 4.0 | 3.1 | 5.7 | 96.0 | Balance | |
| Queso crema vegano | 18.1 | 3.4 | 14.1 | 7.2 | 0.9 | 13.1 | 225.0 | Keto y balance | En keto, no más de 1 porción (32 g) |
| Queso fresco vegano | 20.9 | 4.9 | 2.7 | 0.0 | 0.0 | 2.7 | 201.5 | Keto y balance | En keto, no más de 1 porción (67 g) |
| Ricotta asada | 9.0 | 11.6 | 5.4 | 0.3 | 0.7 | 4.6 | 146.5 | Keto y balance | En keto, reducir porción a la mitad |
| Rollitos de huevo y espárrago | 7.2 | 6.8 | 2.6 | 1.1 | 0.9 | 1.7 | 102.3 | Keto y balance | |
| Shakshuka | 3.3 | 4.4 | 3.8 | 2.1 | 1.0 | 2.8 | 62.1 | Keto y balance | |
| Smoothie bowl berries | 1.4 | 1.9 | 11.8 | 7.6 | 3.2 | 8.5 | 63.0 | Balance | |
| Smoothie de berries | 4.2 | 0.5 | 8.9 | 4.9 | 1.9 | 7.0 | 71.6 | Balance | |
| Smoothie energético | 7.7 | 3.2 | 8.4 | 2.6 | 4.0 | 4.3 | 106.4 | Balance | |
| Smoothie verde | 4.7 | 1.3 | 7.4 | 2.6 | 3.0 | 4.4 | 70.4 | Keto y balance | |
| Smoothie verde de kiwi | 0.3 | 0.9 | 7.1 | 4.5 | 1.6 | 5.4 | 31.3 | Balance | |
| Soufflé de Brócoli | 8.5 | 6.2 | 2.4 | 0.7 | 0.7 | 1.7 | 113.6 | Keto y Balance | |
| Souffle de calabaza butternut | 7.2 | 4.5 | 8.2 | 1.7 | 1.5 | 6.7 | 113.8 | Balance | |
| Soufflé de coliflor | 6.9 | 6.0 | 2.0 | 0.7 | 0.6 | 1.4 | 93.7 | Keto y Balance | |
| Soufflé de zanahorias | 10.0 | 2.3 | 7.7 | 3.8 | 2.2 | 5.5 | 126.9 | Balance | |
| Yogur de coco | 21.8 | 2.3 | 4.2 | 0.0 | 1.4 | 2.8 | 207.9 | Keto y balance | |