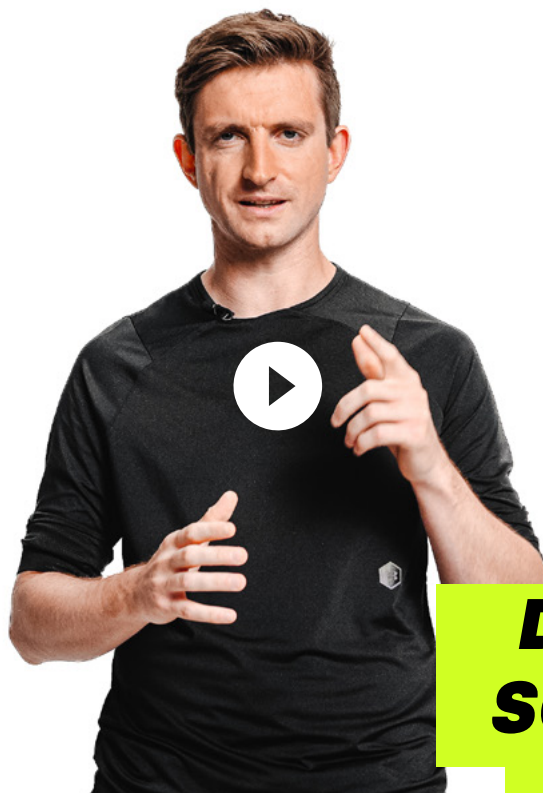




**DAS IST B42.  
SCHAU JETZT  
DAS VIDEO!**

**DEINE 3 BENEFITS MIT  
DER B42 APP**

- ✓ **KNOW-HOW DER PROFIS**
- ✓ **AKTIVE COMMUNITY**
- ✓ **FUSSBALLSPEZIFISCH**

**“NACH DEM GAMECHANGER WAR ICH  
FITTER ALS JEMALS ZUVOR!”**

Max

**“BIN RICHTIG FIT GEWORDEN UND WAR  
ALS TORWART FITTER ALS DIE MEISTEN  
FELDSPIELER”**

Nicole

**SCROLLE ZU DEINEM BONUS**



01

**TO LOSE BODY FAT,  
YOU NEED TO BURN  
MORE CALORIES THAN  
YOU CONSUME.**

## KOHLENHYDRAT-CHECKLIST // ANGABEN PRO 100G

|      |             | Kohlenhydrate | Eiweiß | Fett | Kalorien |
|------|-------------|---------------|--------|------|----------|
| OBST | Banane      | 20,0g         | 1,2g   | 0,2g | 93       |
|      | Granatapfel | 16,7g         | 0,7g   | 0,6g | 78       |
|      | Kaki        | 16,0g         | 0,6g   | 0,3g | 71       |
|      | Weintrauben | 15,6g         | 0,7g   | 0,3g | 68       |
|      | Apfel       | 14,4g         | 0,3g   | 0,1g | 65       |
|      | Feige       | 12,9g         | 1,3g   | 0,5g | 63       |
|      | Mango       | 12,5g         | 0,6g   | 0,4g | 62       |
|      | Ananas      | 12,4g         | 0,5g   | 0,2g | 59       |
|      | Birne       | 12,4g         | 0,5g   | 0,3g | 52       |
|      | Nektarine   | 12,4g         | 0,9g   | 0,1g | 60       |

# KOHLENHYDRAT-CHECKLIST // ANGABEN PRO 100G

|                     |                  | Kohlenhydrate | Eiweiß | Fett | Kalorien |
|---------------------|------------------|---------------|--------|------|----------|
| TROCKENOBST         | Dattel           | 66,0g         | 2,0g   | 0,5g | 285      |
|                     | Aprikose         | 61,1g         | 2,7g   | 0,3g | 250      |
|                     | Feigen           | 55,3g         | 4,0g   | 1,3g | 261      |
|                     | Pflaumen         | 42,6g         | 2,5g   | 0,8g | 217      |
| GEMÜSE              | Mais             | 18,0g         | 2,9g   | 1,9g | 80       |
|                     | Erbsen           | 12,8g         | 6,8g   | 0,5g | 85       |
|                     | Kürbis, Hokkaido | 12,6g         | 1,7g   | 0,6g | 63       |
|                     | Karotte          | 6,8g          | 0,8g   | 0,2g | 39       |
|                     | Paprika          | 6,4g          | 1,3g   | 0,5g | 43       |
|                     | Rosenkohl        | 4,4g          | 3,8g   | 0,5g | 30       |
|                     | Kohlrabi         | 3,7g          | 1,9g   | 0,2g | 28       |
| GETREIDE/ BACKWAREN | Buchweizen       | 70,0g         | 9,0g   | 1,8g | 343      |
|                     | Nudeln           | 70,5g         | 12,5g  | 1,0g | 350      |
|                     | Dinkelnudeln     | 69,0g         | 15,1g  | 3,2g | 369      |
|                     | Dinkelflocken    | 64,0g         | 14,2g  | 2,6g | 353      |
|                     | Vollkornnudeln   | 61,0g         | 13,0g  | 3,0g | 323      |
|                     | Haferflocken     | 55,0g         | 10,3g  | 6,5g | 340      |
|                     | Amaranth         | 55,0g         | 14,3g  | 9,0g | 370      |

# FETT-CHECKLIST // ANGABEN PRO 100G

|             |                      | Fett   | Kohlenhydrate | Eiweiß | Kalorien |
|-------------|----------------------|--------|---------------|--------|----------|
| FISCH       | Lachs                | 17,5g  | 0,0g          | 22,5g  | 248      |
|             | Makrele              | 12,0g  | 0,0g          | 20,0g  | 167      |
| MILCH-PROD. | Mozzarella           | 19,0g  | 1,0g          | 17,5g  | 247      |
|             | Griechischer Joghurt | 9,4g   | 4,0g          | 3,3g   | 114      |
| OBST        | Avocado              | 12,5g  | 13,6g         | 1,4g   | 138      |
| ANDERES     | Paranüsse            | 66,0g  | 1,0g          | 17,5g  | 247      |
|             | Walnüsse             | 65,2g  | 4,0g          | 3,3g   | 114      |
|             | Erdnussbutter        | 55,0g  | 1,0g          | 17,5g  | 247      |
|             | Erdnüsse             | 48,1g  | 4,0g          | 3,3g   | 114      |
|             | Mandeln              | 47,0g  | 1,0g          | 17,5g  | 247      |
|             | Cashewkerne          | 42,0g  | 4,0g          | 3,3g   | 114      |
|             | Chia Samen           | 34,0g  | 1,0g          | 17,5g  | 247      |
|             | Leinsamen            | 30,9g  | 4,0g          | 3,3g   | 114      |
|             | Ei                   | 10,8g  | 1,0g          | 17,5g  | 247      |
|             | Tofu                 | 5,3g   | 4,0g          | 3,3g   | 114      |
| ÖLE         | Leinöl               | 100,0g | 0,0g          | 0,0g   | 896      |
|             | Kokosöl              | 100,0g | 0,0g          | 0,0g   | 828      |
|             | Olivenöl             | 91,5g  | 0,0g          | 0,0g   | 857      |

# **PROTEIN-CHECKLIST // ANGABEN PRO 100G**

|                      |                 | Eiweiß | Kohlenhydrate | Fett  | Kalorien |
|----------------------|-----------------|--------|---------------|-------|----------|
| <b>FISCH</b>         | Thunfisch       | 25,5g  | 0,1g          | 1,0g  | 113      |
|                      | Lachs           | 22,5g  | 0,0g          | 17,5g | 248      |
|                      | Garnelen        | 17,2g  | 0,0g          | 0,7g  | 75       |
|                      | Rotbarschfilet  | 16,4g  | 3,2g          | 0,0g  | 94       |
|                      | Pangasiusfilet  | 13,4g  | 0,0g          | 1,2g  | 67       |
| <b>FLEISCH</b>       | Putenbrust      | 23,0g  | 0,0g          | 2,0g  | 110      |
|                      | Schweinefleisch | 22,0g  | 1,0g          | 4,0g  | 140      |
|                      | Hähnchenbrust   | 21,0g  | 1,0g          | 2,0g  | 110      |
|                      | Rindfleisch     | 19,0g  | 1,0g          | 4,0g  | 115      |
|                      | Hackfleisch     | 19,0g  | 3,0g          | 16,0g | 221      |
| <b>MILCHPRODUKTE</b> | Harzer Käse     | 27,0g  | 0,0g          | 0,5g  | 113      |
|                      | Mozzarella      | 17,5g  | 1,0g          | 19,0g | 247      |
|                      | Hüttenkäse      | 12,0g  | 3,1g          | 2,2g  | 85       |
|                      | Magerquark      | 12,0g  | 3,9g          | 0,3g  | 68       |
|                      | Joghurt 1,5%    | 3,5g   | 15,4g         | 1,5g  | 89       |
|                      | Milch 1,5%      | 3,5 g  | 5,4g          | 1,5g  | 48       |
| <b>GEMÜSE</b>        | Linsen          | 6,4g   | 14,7g         | 0,6g  | 100      |
|                      | Kidneybohnen    | 6,0g   | 15,0g         | 0,8g  | 86       |

## PROTEIN-CHECKLIST // ANGABEN PRO 100G

|         |                 | Eiweiß | Kohlenhydrate | Fett  | Kalorien |
|---------|-----------------|--------|---------------|-------|----------|
| ANDERES | Erdnüsse        | 29,8g  | 17,5g         | 48,1g | 576      |
|         | Chia Samen      | 22,0g  | 4,6g          | 34,0g | 473      |
|         | Mandeln         | 20,0g  | 21,0g         | 47,0g | 546      |
|         | Ei              | 12,8g  | 0,6g          | 10,8g | 150      |
|         | Tofu            | 10,6g  | 2,9g          | 5,3g  | 102      |
|         | Quinoa, gekocht | 3,5g   | 17,0g         | 7,8g  | 104      |

## SNACK-CHECKLIST

|                            | kcal/ 100g                   | kcal/ Stück |
|----------------------------|------------------------------|-------------|
| SNACKS, FASTFOOD & ALKOHOL | Ritter Sport Vollnuss        | 36          |
|                            | Snickers                     | 241         |
|                            | Mars                         | 229         |
|                            | Haribo Goldbären             | 8           |
|                            | Popcorn süß                  | 522         |
|                            | Kartoffelchips               | 542         |
|                            | Erdnuss-Flips                | 500         |
|                            | Erdnüsse geröstet & gesalzen | 622         |
|                            | Studentenfutter              | 569         |
|                            | Pistazien                    | 640         |
|                            | Pizza Salami                 | 858         |
|                            | Nutella                      | 547         |
|                            | Big Mac                      | 508         |
|                            | Pommes (mittlere Portion)    | 508         |
|                            | Limonade (0,5l)              | 240         |
|                            | Bier Hell 0,5l               | 210         |
|                            | Weißbier 0,5l                | 230         |
|                            | Wodka (2cl)                  | 43          |
|                            | Whiskey (2cl)                | 50          |
|                            | Rotwein (0,125l)             | 125         |