EGG WHITE PROTEIN









PR·OU

PROTEIN SPECIALISTS

At Granja Coccó, we are poultry farmers passionate about eggs and all their properties and secrets. That is why we have developed a range of healthy, nutritious, and delicious egg-based PROTEIN PRODUCTS, with egg as our main ingredient, so you can benefit from all its properties.

WHY IS EVERYONE TALKING About protein?

Proteins are responsible for building, maintaining, and regenerating the cells in our body. That is why proteins play a very important role in nourishing our muscles, bones, and brain, and in regulating sugar and fats.

The word "protein" comes from the Greek proteios, meaning "fundamental," "principal," and as the name itself suggests, it is essential for our diet.

WHY EGG PROTEIN?



Eggs are among the most nutritious foods and an extraordinary source of protein.

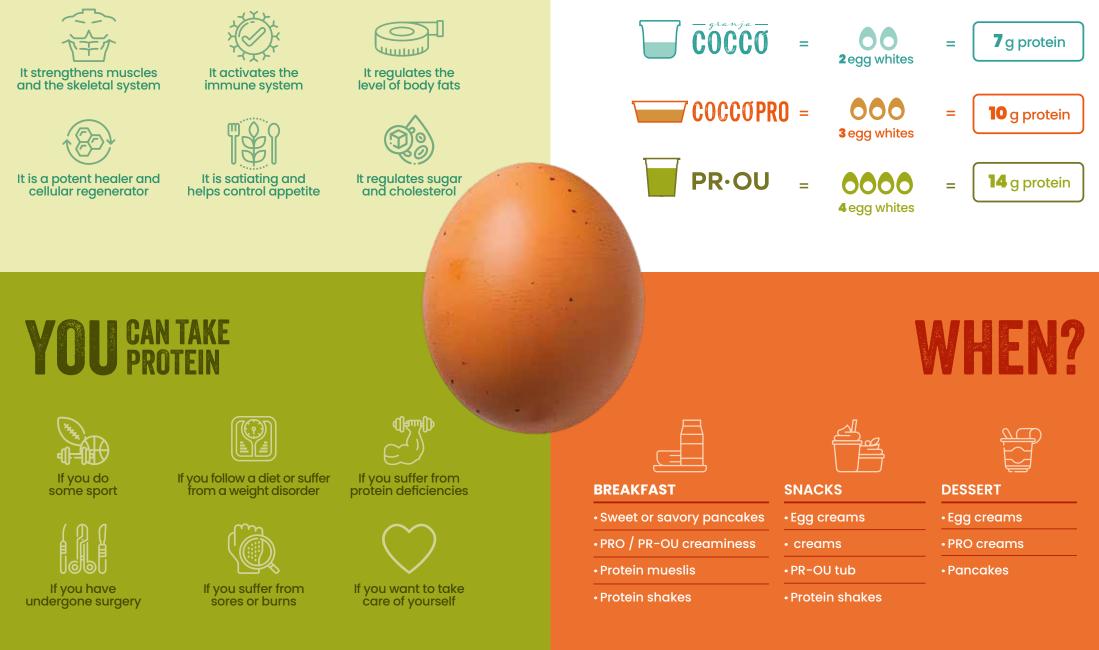
Low in calories, contains no sugars or fats.

Contains BCAAs and glutamine, helps boost energy and muscle development. Also reduces muscle fatigue.

Rich in essential amino acids (arginine, glycine, lysine, proline...), making it a powerful cellular regenerator.



HOW MUCH?





Egg protein suitable for THE WHOLE FAMILY



MEDIUM EGG PROTEIN LEVEL





Egg cream made from free-range hens' eggs, an incomparable source of high biological value protein. Its essential amino acids nourish and regulate our muscles, bones, skin, mood, and energy.

Additionally, as it contains no allergens (except for the egg itself), it is safe for those with food intolerances such as lactose or gluten, or for those following a vegetarian diet.

WEIGHT: 100g

FLAVORS: strawberry & vanilla, apple & ginger, coconut, dark chocolate, chocolate & vanilla, vanilla & caramel, coffee and mango.

NUTRITIONAL INFORMATION (100G)*

Energy	366kJ/87kcal
Fat	۱g
of which saturates	0,3 g
Carbohydrates	11,9 g
of which sugars	11,7 g
Dietary fiber	1,8 g
Protein	6,6 g
Saltt	0,35 g

*nutritional value of Granja Coccó tub, Apple & Ginger flavor







The same irresistible flavour of Cremosos Granja Coccó... now without sugar. Enjoy without giving up anything.

WEIGHT: 100g

FLAVORS: coconut, dark chocolate and coffee.

NUTRITIONAL INFORMATION (100G)*

Energy	361kJ / 87kcal
Fat	5,6 g
of which saturates	4,1 g
Carbohydrates	11,7 g
of which sugars	1,3 g
of which polyols	10,4 g
Dietary fibre	2 g
Proteins	6,8 g
Saltt	0,35 g

*nutritional value of the GRANJA COCCÓ SUGAR-FREE tub, coconut flavour.



Protein for people with a lot of ROCK AND ROLL



COCCŐPRO





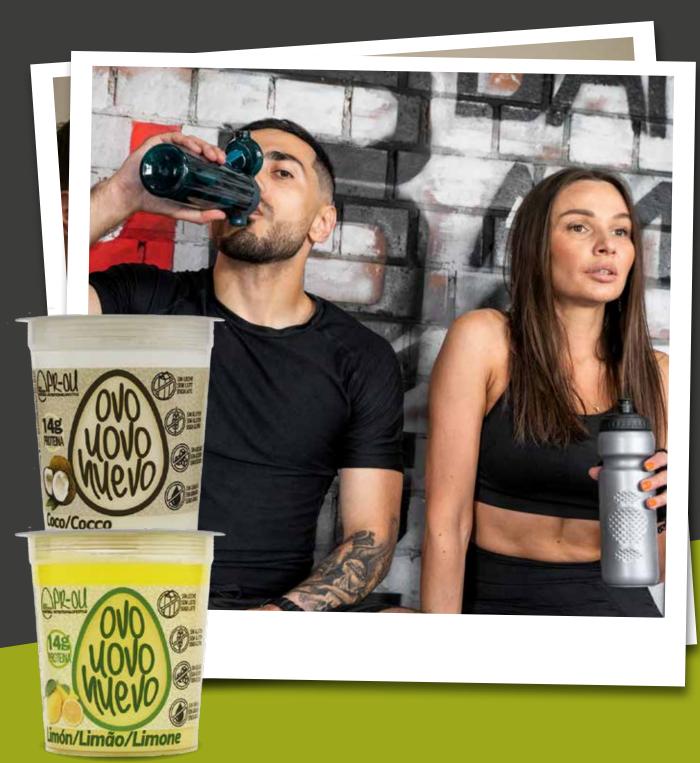
Cocco Pro provides proteins of high biological value, essential for the optimal functioning of our body. This protein is essential for muscle health and recovery. It's a fantastic option to incorporate into your daily routine, whether you're working to improve your performance, increase your muscle mass, or simply looking for healthier options to enjoy something delicious.

WEIGHT:	110g
FLAVOR:	coffee, cocoa, cookie, cream and coconut.

NUTRITIONAL INFORMATION* (100G)

Enerby value	173 kJ/ 41 kcal
Fats	0 g
of which saturates	0 g
Carbohydrates	1,3 g
of which sugars	0,50 g
Proteins	8,9 g
Salt	0,35 g

*nutritional value of the COCCÓ PRO cookie flavor tub



Protein only for the most SUPER PRO





healthy food for **a better life PR·OU**

MADE WITH 100% EGG PROTEIN

sugar low fat sin gluten dairy-free no added high in protein sugar

It is made exclusively with egg white protein, so it has 0% fat and 0% carbohydrates. It is also a dessert without dairy, gluten, or sugars.

WEIGHT:	125g
FLAVOR:	lemon, banana, coffee, piña colada, tiramisu, mango, pink cake,
	cream, coconut, cocoa, nougat, strawberry and cookie.
WEIGHT:	400g
FLAVOR:	cream, cocoa, coconut and cookie.

NUTRITIONAL INFORMATION* (100G)

Enerby value	204 kJ/ 48 kcal
Fats	0 g
of which saturates	0 g
Carbohydrates	0 g
of which sugars	0 g
Proteins	12 g
Salt	0,9 g

*nutritional value of the PR·OU coconut flavor tub





healthy food for **a better life PR-OU**

WITH WHEY PROTEIN





CLARWHEY

Combination of whey protein and egg white protein, with a very complete nutritional profile. Fat-free, carbohydrate-free, and gluten-free, it's perfect as a dessert or protein snack after training or between meals.

WEIGHT: 125g // FLAVOR: Yogurt and Panacotta

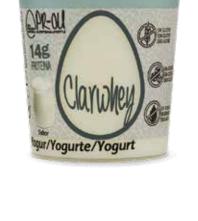
CLARBOU

We mix meat protein and egg white protein, ideal for those looking for an alternative rich in animal protein,lactose-free, gluten-free, fat-free, and carbohydrate-free.

WEIGHT: 125g // FLAVOR: Cappuccino

NUTRITIONAL INFORMATION* (100G)		
Enerby value	213 kJ/ 50 kcal	
Fats	0,3 g	
of which saturates	0 g	
Carbohydrates	0,5 g	
of which sugars	0 g	
Proteins	11,3 g	
Salt	0,3 g	

*nutritional value of the PR·OU Clarwhey tub





healthy food for **a better life PR-OU**

SPECIAL Range

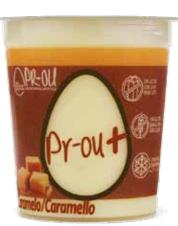






WITH EXTRA EGG YOLK





EGG CUSTARD PR·OU

Enjoy all the flavor of traditional flan in a healthy version, with egg white protein, gluten-free, and lactose-free. Made with 3 egg whites, 1 yolk, and caramel syrup with no added sugars.

WEIGHT: 125g FLAVOR: caramel and vanilla&caramel

NUTRITIONAL INFORMATION* (100G)

Enerby value	266 kJ/ 64 kcal
Fats	2,1 g
of which saturates	0,8 g
Carbohydrates	1,5 g
of which sugars	0,5 g
Proteins	8 g
Salt	0,4 g

*valor nutricional de la tarrina FLANPR·OU FLAVOR Vainilla-Caramelo.



Egg Protein 100% NATURAL Range



100% NATURAL Range

CREMOSO

Proteico

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(REAMY TO EAT WITH A SPOON



It is made exclusively with egg white protein, so it has 0% fat and 0% carbohydrates. And it has no colorings, flavorings, or sweeteners. A Super Zero protein! With two texture ranges:

ZERO CREAMY RANGE

With 14g of protein, perfect to enjoy with whatever you prefer.

WEIGHT: 125g FLAVOR: Neutral

NUTRITIONAL INFORMATION* (100G)

Enerby value	199kJ/47kcal
Fats	0 g
of which saturates	0 g
Carbohydrates	0,7 g
of which sugars	0,5 g
Proteins	11 g
Salt	0,42 g

*nutritional value of the PR·OU Zero tub.

CHISS CUTTABLE RANGE

With 11g of protein, to accompany salads, toa**st...**

WEIGHT: 110g FLAVOR: Neutral

NUTRITIONAL INFORMATION* (100G)

Enerby value	266 kJ/ 64 kcal
Fats	2,1 g
of which saturates	0,8 g
Carbohydrates	1,5 g
of which sugars	0,5 g
Proteins	10 g
Salt	0,4 g

*nutritional value of the Chiss COCCÓ tub.



SWEETENERS



100% NATURAL Range

CREMOSO

WITH NATURAL FRUITS







Made with egg white and natural fruit only, this compote contains no added sugars, fats, or lactose. It's a healthy, dairy-free and gluten-free dessert, ready to eat conveniently and easily. Ideal as a sweet and protein-rich snack.

WEIGHT: 125g FLAVOR: With apple

NUTRITIONAL INFORMATION* (100G)

Enerby value	311kJ/74kcal
Fats	0 g
of which saturates	0 g
Carbohydrates	7,7 g
of which sugars	6,2 g
Dietary fibre	2,6 g
Proteins	9,35 g
Salt	0,42 g

*nutritional value of the PR·OU +FRUIT tub with apple.



EGG WHITE for any time of day



EGG WHITE Shakes





EGG WHITE PROTEIN - High protein shake mix

Our egg white protein mix is a source of high biological value protein. Perfect for those looking to improve their daily nutrition and achieve their goals.

Available in various flavors and also in neutral flavor (without sweeteners), with no added sugars or fats. Ideal for your postworkout shakes or as an extra protein boost.

WEIGHT:	350g /	500g /	1.000g
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FLAVOR: cream, cookie, chocolate, neutral, strawberry, nougat, white chocolate and yogurt.

NUTRITIONAL INFORMATION* (100G)

Enerby value	1532kJ/361kcal
Fats	2,40 g
of which saturates	0,67 g
Carbohydrates	4,9 g
of which sugars	0,15 g
Proteins	80 g
Salt	2,5 g

*nutritional value of neutral-flavoured EGG WHITE.

EGG WHITE COOKING





EGG WHITE PROTEIN – PROTEIN PANCAKE MIX

Enjoy the taste and fluffy texture of our protein pancakes. Made with a balanced blend of gluten-free oat flour and egg white protein, with no added sugars.

A healthy and nutritious breakfast option.

Quick and easy to prepare. Available in neutral flavour and a variety of delicious flavours.

WEIGHT:	350g /	500g /	1.000g
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FLAVOR: chocolate, neutral, strawberry, cream, yogurt, cookie and white chocolate.

NUTRITIONAL INFORMATION* (100G)

Enerby value	1513kJ/358kcal
Fats	4,6 g
of which saturates	0,89 g
Carbohydrates	36,3 g
of which sugars	0,86 g
Fibras alimentarias	6,8 g
Proteins	39,5 g
Salt	1,28 g

*nutritional value of neutral-flavoured EGG WHITE.

EGG WHITE Muesli





CRUNCHY PROTEIN – CRUNCHY PROTEIN MUESLI

Start your day with an irresistible mix: gluten-free oats, egg white protein, and no added sugars.Perfect as a breakfast or a healthy snack at any time of day.

Available in different flavours, it combines crunchiness, taste, and nutrition in every bite.

WEIGHT: 300g

FLAVOR: choco-coconut, classic, dark chocolate, or white chocolate

NUTRITIONAL INFORMATION* (100G)

Enerby value	1489kJ/355kcal
Fats	7,8 g
of which saturates	l,l g
Carbohydrates	43 g
of which sugars	2,9 g
Fibras alimentarias	16,2 g
Proteins	20 g
Salt	0,7 g

*nutritional value of the classic MUESLI.



www.granjacocco.com