

EGG WHITE PROTEIN



PROTEIN for all levels



— granja —
COCCO

COCCO PRO

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.

EGG PROTEIN



It strengthens muscles
and the skeletal system



It activates the
immune system



It regulates the
level of body fats



It is a potent healer and
cellular regenerator



It is satiating and
helps control appetite



It regulates sugar
and cholesterol



HOW MUCH?



granja
COCO

=



2 egg whites

=

7 g protein



COCO PRO

=



3 egg whites

=

10 g protein



PR-OU

=



4 egg whites

=

14 g protein

YOU CAN TAKE PROTEIN



If you do
some sport



If you follow a diet or suffer
from a weight disorder



If you suffer from
protein deficiencies



If you have
undergone surgery



If you suffer from
sores or burns



If you want to take
care of yourself

WHEN?



BREAKFAST

- Sweet or savory pancakes
- PRO / PR-OU creaminess
- Protein mueslis
- Protein shakes



SNACKS

- Egg creams
- creams
- PR-OU tub
- Protein shakes



DESSERT

- Egg creams
- PRO creams
- Pancakes



Egg protein suitable for THE WHOLE FAMILY



MEDIUM protein level

7g

MEDIUM EGG PROTEIN LEVEL

— granja —
COCCO

MADE WITH PROTEIN FROM
FREE-RANGE HENS' EGGS

GLASS
CONTAINER



gluten-free



dairy-free

with natural
fibersno artificial
colors

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	1 g
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

7g

MEDIUM EGG PROTEIN LEVEL

— granja —
COCCO

MADE WITH PROTEIN FROM
FREE-RANGE HENS' EGGS

NOT
SUGAR



gluten-free



dairy-free

with natural
fibersno artificial
colorsno added
sugar

SUGAR-FREE
range

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
Salt	0,35 g

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



Protein for people
with a lot of
ROCK AND ROLL



HIGH protein level

10g

HIGH EGG PROTEIN LEVEL

COCCO PRO

MADE WITH PROTEIN FROM
FREE-RANGE HEN EGGS

EXTRA CREAMY

WITH
STEVIA

gluten-free



dairy-free

no added
sugar

sugar low fat

high
in protein

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)**

Energy 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
SÚPER PRO



SUPERPRO protein level



14g

SUPERPRO EGG PROTEIN LEVEL

healthy food for a better life

PR·OU



sin gluten



dairy-free



no added
sugar



sugar low fat



high
in protein

MADE WITH 100%
EGG PROTEIN



400GR



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)

Energy 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

14g**SUPERPRO EGG PROTEIN LEVEL**healthy food for **a better life****PR•OU****SPECIAL
Range**

gluten-free

no added
sugar

sugar low fat

high
in proteinWITH
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:** CappuccinoWITH
MEAT
PROTEIN**NUTRITIONAL INFORMATION* (100G)**

Energy 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

14g

SUPERPRO LEVEL EGG PROTEIN

healthy food for a better life

PR·OU

SPECIAL
Range

sin gluten



dairy-free

no added
sugar

sugar low fat

high
in protein**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



SUPERPRO protein level



100% NATURAL Range



gluten-free



dairy-free



no added
sugar



sugar low fat



high
in protein



no colorings



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

CHISS CUTTABLE RANGE

With 11g of protein, to accompany salads, toast...

WEIGHT: 110g
FLAVOR: Neutral



NUTRITIONAL INFORMATION* (100G)

Energy 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.

NUTRITIONAL INFORMATION* (100G)

Energy 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.

100% NATURAL Range



gluten-free



dairy-free



no added
sugar



sugar low fat



high
in protein



no colorings

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



WITH NATURAL
FRUITS

NUTRITIONAL INFORMATION* (100G)

Energy 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



SUPERPRO protein level

EGG WHITE Shakes



gluten-free



dairy-free

no added
sugar

sugar low fat

high
in protein

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 post-workout shakes or as an extra protein boost.

WEIGHT: 350g / 500g / 1.000g

FLAVOR: cream, cookie, chocolate, neutral, strawberry, nougat, white chocolate and yogurt.

NUTRITIONAL INFORMATION* (100G)

Energy 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



gluten-free



dairy-free

no added
sugar

sugar low fat

high
in proteinwith natural
fibers

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

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



gluten-free

no added
sugar

sugar low fat

high
in proteinwith natural
fibers

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)

Energy value	1489kJ/355kcal
Fats	7,8 g
of which saturates	1,1 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