



**GET ALL THE PLEASURE AND
NONE OF GUILT**

**You want to lose
weight but you
don't want to stop
eating your
favorite sweets.**



You have to avoid sweets in order to keep your figure.



WE DISAGREE

Being fit is not so difficult. You shouldn't feel guilty for eating sweets. We are not your average dessert, we are better. Fitness bite might sound too good to be true, but take a bite and watch how amazing a lifestyle with sweets can be.



**We believe that eating
desserts should push you
towards your goals instead of
holding you back from them.
Each one of our products are
packed with protein and are
made with your precious
macros in mind.**





FITNESS BITE USES



COCONUT OIL



FRUITS and BERRIES



ORGANIC EGGS

100%

... Highest ...

Quality




HEALTHY SWEETENERS



NUT FLOUR



PROTEIN



**FITNESS
BITE
DESSERT
S**



MACARONS

AMOUNT PER: 100g	SERVING SIZE: 12g
CARBS: 30,6	CARBS: 3,6
PROTEIN: 14,2	PROTEIN: 1,7
CALORIES: 270	CALORIES: 32,4
FAT: 10,2	FAT: 1,2



CUPCAKES

AMOUNT PER: 100g	SERVING SIZE: 17g
CARBS: 22,6	CARBS: 3,8
PROTEIN: 20,8	PROTEIN: 3,5
CALORIES: 230	CALORIES: 29,9
FAT: 6,9	FAT: 1,2



CAKE POPS

AMOUNT PER: 100g	SERVING SIZE: 20g
CARBS: 10	CARBS: 2
PROTEIN: 14,6	PROTEIN: 2,9
CALORIES: 187	CALORIES: 37,4
FAT: 13,5	FAT: 2,7



WAFFELS

AMOUNT PER: 100g	SERVING SIZE: 20g
CARBS: 31	CARBS: 6,2
PROTEIN: 11,9	PROTEIN: 2,4
CALORIES: 114	CALORIES: 22,8
FAT: 2,5	FAT: 0,5



COOKIES

AMOUNT PER: 100g	SERVING SIZE: 20g
CARBS: 31,8	CARBS: 6,3
PROTEIN: 13,3	PROTEIN: 2,6
CALORIES: 240,7	CALORIES: 48,1
FAT: 3,5	FAT: 0,7



**REGULAR
VS
FITNESS BITE**

REGULAR

FITNESS BITE

CARBS CAL FAT

CARBS CAL FAT

CARBS CAL FAT

CARBS CAL FAT

CARBS CAL FAT



MACARONS



CUPCAKES



CAKE POPS



WAFFELS



COOKIES



**Fitness bite:
A step closer to your perfection!**