



URBAN ENERGY PASTA MEALS

Something special to give athletes the competitive edge.

PERCENTAGE OF DAILY CARBO-LOADING REQUIREMENT:



FACTS:

ADEQUATE GLYCOGEN STORES ARE ESSENTIAL FOR OPTIMUM ENDURANCE PERFORMANCE.

DIETARY CARBOHYDRATE LOADING MAY INCREASE GLYCOGEN STORES BY OVER 200%.

RAW PASTA CONTAINS ALMOST 10% CARBOHYDRATE.

PRIMI SPECIALITY PASTA IS DESIGNED TO PROMOTE A COMFORTABLE GASTROINTESTINAL STATE FOR EASE OF DIGESTION AND COMFORTABLE EXERCISE.

You've put in the training hours. Now make sure you're putting in the right fuel. The optimal diet for athletes is high in carbs, low in fat and includes adequate amounts of protein. Our answer to this... Urban Energy Pasta Meals – a simple yet delicious fresh pasta combined with your protein of choice.

Urban Energy Pasta: A fresh pasta dish comprising of extra virgin olive oil, lemon rind, pecorino, olives, fresh tomato, fresh mushrooms, rocket and basil.

THIS IS SERVED WITH YOUR CHOICE OF PROTEIN:

200G GRILLED BEEF MEDALLIONS 105

Per 100g – Energy: 1067kcal, Carbohydrates: 15g, Protein: 21g, Fat: 81g

Percentage of Daily Loading Requirement: Protein: 105%, Carbohydrates: 135%, Percentage of Carb-Loading Requirement: 21%



150G GRILLED CHICKEN BREASTS 75

Per 100g – Energy: 1120kcal, Carbohydrates: 15g, Protein: 23g, Fat: 14g

Percentage of Daily Loading Requirement: Protein: 105%, Carbohydrates: 135%, Percentage of Carb-Loading Requirement: 21%



200G FLAME ROASTED VEGETABLES 65

Per 100g – Energy: 916kcal, Carbohydrates: 21g, Protein: 12g, Fat: 14g

Percentage of Daily Loading Requirement: Protein: 79%, Carbohydrates: 126%, Percentage of Carb-Loading Requirement: 24%



URBAN ENERGY.

Connection and inspired interactions with others and the environment.
This is the essence of Primi.