




DELICIOUS
ANYWHERE



A close-up photograph of a person's hands. One hand holds a red spoon with a small portion of a green vegetable, possibly a pea or bean, poised above a silver bowl filled with a yellow, textured food. The background is a soft-focus field of tall grasses under warm, golden light. The text is overlaid on the left side of the image.

**FROM SEEDS
TO THE FINAL
PRODUCT, THIS IS
HOW WE MAKE
OUR FOOD**

 Testing the first batch of a new meal.

**IN ALL OUR PRODUCTS
WE USE ONLY 100%
NATURAL INGREDIENTS.**

 Laura, one of the founders of LYOFODD, in our parsley field.

📷 Right at the back of our freeze-drying facility.

**WE ARE PROUD TO GROW FRUITS,
HERBS AND VEGETABLES
IN OUR OWN FIELDS.**

**OTHER FRESH INGREDIENTS
COME FROM FARMERS
WE KNOW PERSONALLY.**

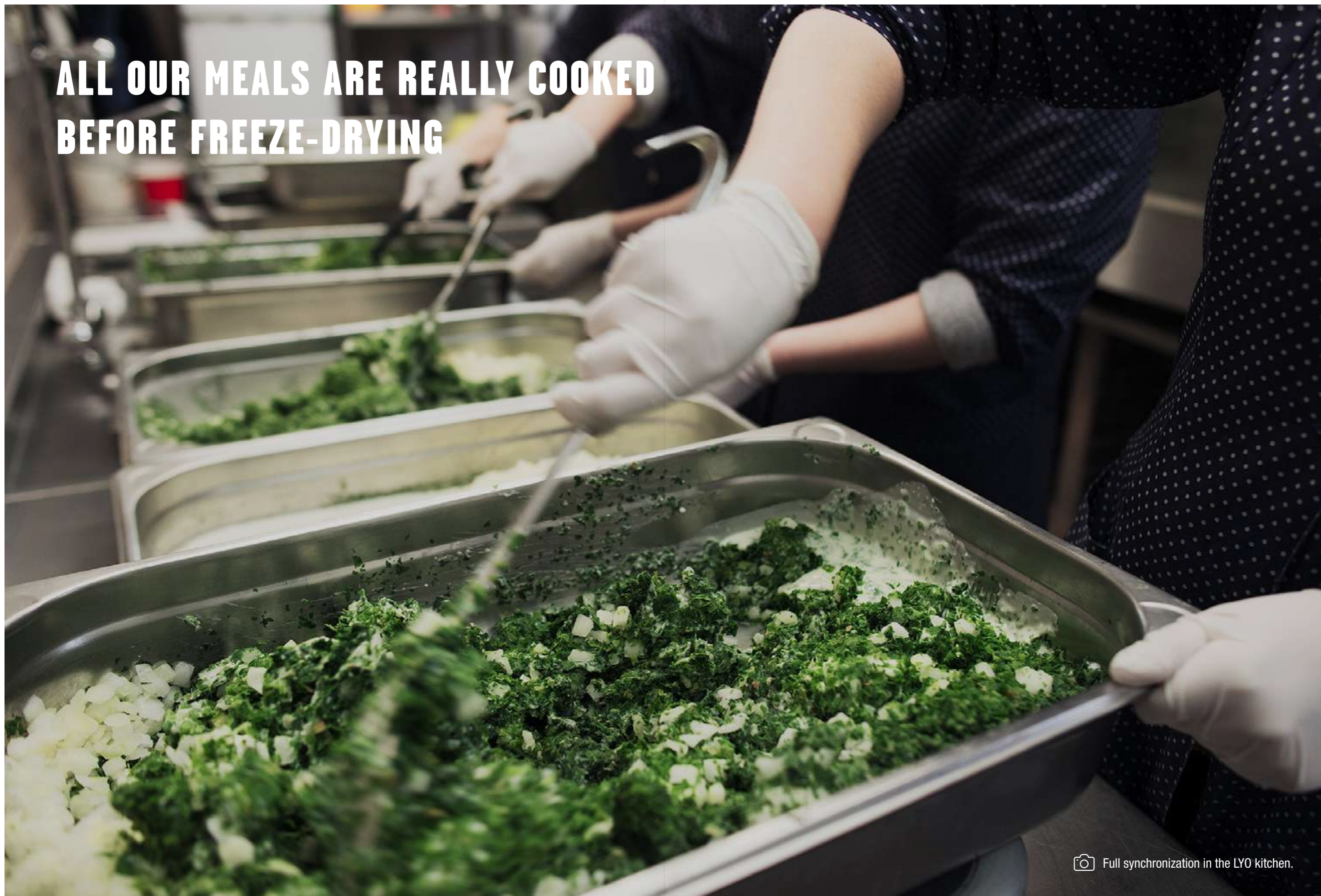


📷 Harvests in a basil field contracted by LYO. Just a 15-minute drive from our freeze-drying facility.

📷 Basil bath - LYO freeze-drying facility.

**WE PROCESS ALL INGREDIENTS
IN-HOUSE. ONCE THEY ARRIVE,
THEY DO NOT LEAVE OUR
FACILITY UNTIL FINAL DELIVERY.**

**ALL OUR MEALS ARE REALLY COOKED
BEFORE FREEZE-DRYING**



📷 Full synchronization in the LYO kitchen.


📷 Farfalle with Gorgonzola in preparation...

**AT THE VERY BEGINNING,
WE DECIDED NOT TO ADD (...)
ALL OUR PRODUCTS COMPLY
WITH THE CLEAN LABEL CONCEPT.**

**EACH MEAL IS 100% FREEZE-DRIED
AND OUR PRODUCTION FACILITY HAS
BEEN USING THIS METHOD
SINCE 1992.**



📷 One of our freeze-drying chambers.

 LYOVIT founder Jerzy Godek working on a new freeze-drying chamber.


**WE NOT ONLY FREEZE-DRY,
BUT ALSO ENGINEER ALL OF
OUR FREEZE-DRYERS AND
OTHER MACHINES WE USE.**

📷 A final step in the production process - our own cross-contamination free packing line.



**FROM THE FREEZE-DRYING
CHAMBER DIRECTLY ONTO
OUR PACKAGING LINE. (...)**

**AS OF JANUARY 2024, ALL
ENERGY PURCHASED FOR OUR NEW
MANUFACTURING PLANT COMES
FROM RENEWABLE SOURCES.**

 Mateusz Waligóra setting up the tent, South Pole. Photo: Lukasz Supergan.

WE TREK, WE CLIMB, WE SKI.
WE MAKE GENUINE FOOD
THAT HELPS US ENJOY IT ALL.



DELICIOUS ANYWHERE
menu



chicken tikka masala

An iconic dish inspired by Indian cuisine. Chicken Tikka Masala seduces the senses with its creamy texture and captivating aroma. Succulent pieces of chicken breast marinated in yoghurt and a rich mix of spices are then simmered in a creamy tomato-based sauce with a hint of coconut. Served with rice, this dish is not only delicious but also high in calories, making it a great meal idea for any outdoor adventure. No wonder both our ambassadors and customers love it so much.

meat

gluten free

MAIN COURSES



NUTRITIONS PER:	100 G	BIG SERVING 128 G	SMALL SERVING 95 G
energy	1878 kJ / 448 kcal	2404 kJ / 574 kcal	1785 kJ / 426 kcal
fat	18 g	23 g	17 g
of which saturates	6,6 g	8,4 g	6,3 g
carbohydrate	39 g	50 g	37 g
of which sugars	7,9 g	10 g	7,5 g
fibre	6,5 g	8,4 g	6,2 g
protein	28 g	36 g	27 g
salt	4,0 g	5,2 g	3,8 g

INGREDIENTS:
rice 28 %, tomato pulp (tomatoes, salt) 23 %, chicken breast fillet (cubes) 20 %, greek **yoghurt** 19 %, coconut milk 4 %, **almonds**, spices (contains **mustard**), salt, sugar, canola oil

pork loin in pepper

In a mountain hut high above the clouds or while camping under the stars deep in the woods. Our Pork Loin in Green Pepper will give your taste buds a wake-up call and warm you up from the inside out. Tender cubes of pork loin, green beans and potatoes livened up with a hot green peppercorn sauce create a proper dinner after a long day in the outdoors. Spicy, but at the same time scrumptious and filling, this dish has what it takes to become your steadfast companion for the upcoming adventures.

meat

lactose free



NUTRITIONS PER:	100 G	ONE SERVING 92 G
energy	1762 kJ / 419 kcal	1621 kJ / 386 kcal
fat	13 g	12 g
of which saturates	4,8 g	4,4 g
carbohydrate	30 g	28 g
of which sugars	3,0 g	2,7 g
fibre	6,3 g	5,8 g
protein	41 g	38 g
salt	3,9 g	3,6 g

INGREDIENTS:

pork loin (cubes) 36 %, potatoes 33 %, green beans 18 %, **wheat** flour, onion, green peppercorn 2 %, canola oil, salt, spices (contains **celery**)

five-spice chicken

Why is LYO Five-Spice Chicken so worth trying out? First, what a mix this is! Bamboo shoots, mung bean sprouts, jelly ear mushrooms and soy sauce are combined with rice, succulent chicken breast pieces and veggies to bring back memories of your favorite Chinese restaurant. Secondly, it wouldn't be as good if it wasn't prepared in a genuine way! Prior to freeze-drying we cook our meals in small batches, so they maintain their delicious and authentic taste. For those long and grueling days spent outdoors, LYO Five-Spice Chicken is the perfect fuel to keep you going.

meat

lactose free



NUTRITIONS PER:	100 G	BIG SERVING 110 G	SMALL SERVING 82 G
energy	1663 kJ / 386 kcal	1796 kJ / 405 kcal	1339 kJ / 302 kcal
fat	4,1 g	4,5 g	3,4 g
of which saturates	0,8 g	0,8 g	0,6 g
carbohydrate	57 g	63 g	47 g
of which sugars	2,8 g	3,1 g	2,3 g
fibre	3,6 g	4,0 g	3,0 g
protein	28 g	31 g	23 g
salt	3,8 g	4,2 g	3,1 g

INGREDIENTS:

chicken breast fillet (cubes) 36 %, rice 32 %, vegetables in varying proportions (Mung bean sprouts, red bell pepper, red onion, jelly ear mushrooms, bamboo shoots, carrot, leek, onion) 25 %, potato flour, **soy** sauce (**soy** beans, salt, **wheat** flour), salt, spices

goulash

Hungary's greatest comfort food and probably the first thing that comes to mind when thinking of hearty meat stew. Nothing will make you feel as warm and cozy as a hot serving of Goulash. Tender cubes of pork are slow cooked with tomato purée and a medley of vegetables, such as potatoes, beans, carrots, onions, parsley root, and red bell pepper to create a delectable and flavorful dish that will put a spring in your step, wherever you're going.

meat

lactose free



NUTRITIONS PER:	100 G	ONE SERVING 80 G
energy	1572 kJ / 373 kcal	1258 kJ / 299 kcal
fat	7,3 g	5,8 g
of which saturates	1,3 g	1,1 g
carbohydrate	36 g	29 g
of which sugars	13 g	10 g
fibre	11 g	9,2 g
protein	35 g	28 g
salt	5,0 g	4,0 g

INGREDIENTS:

pork meat (cubes) 24 %, potatoes 19 %, red bell pepper, bean 7 %, carrot, parsley root, onion, tomato paste, **wheat** flour, canola oil, salt, spices (contains **celery**)

mexican dish

A dish that will turn any outdoor dinner into exciting fiesta for your palate and your soul. If you love vibrant Mexican cuisine as much as we do, our Mexican Dish will quickly become your go-to food for any adventure. Soft chicken pieces and rice in the company of golden sweet corn, sun-drenched red bell pepper and protein-rich beans, all seasoned with classic Mexican spice mix, create a flavorful and colorful meal that is impossible to eat without at least whispering „¡Ay, caramba!”.

meat

lactose free



NUTRITIONS PER:	100 G	BIG SERVING 111 G	SMALL SERVING 82 G
energy	1641 kJ / 389 kcal	1821 kJ / 431 kcal	1346 kJ / 319 kcal
fat	5,9 g	6,5 g	4,8 g
of which saturates	1,1 g	1,2 g	0,9 g
carbohydrate	49 g	55 g	40 g
of which sugars	3,9 g	4,3 g	3,2 g
fibre	6,1 g	6,7 g	5,0 g
protein	32 g	35 g	26 g
salt	2,9 g	3,3 g	2,4 g

INGREDIENTS:

chicken breast fillet (cubes) 38 %, rice 27 %, red bean 11 %, red bell pepper 5 %, sweet corn, **wheat** flour, onion, tomato paste, spices (contains **celery**), canola oil, salt, sugar

penne alla bolognese

While creating our EXPEDITION Menu we made sure to include some of the all-time favorites. No variations, no unnecessary ingredients, just a selection of dishes loved by many all around the world. And there is probably no better example than pasta with ragù alla bolognese. This slow-cooked, thick sauce made with tomatoes, onions, carrots, and a handful of ground pork and beef, is well-known for its captivating flavor and enticing aroma. Add some wheat pasta, and you get a lip-smacking Italian classic that is simply too good to resist. Our freeze-dried Penne all Bolognese can be enjoyed anywhere, but we have made every effort to ensure that it tastes just like the one you would find in your go-to Italian restaurant.

meat



NUTRITIONS PER:	100 G	BIG SERVING 128 G	SMALL SERVING 95 G
energy	1771 kJ / 421 kcal	2267 kJ / 538 kcal	1682 kJ / 400 kcal
fat	11 g	15 g	11 g
of which saturates	3,1 g	3,9 g	2,9 g
carbohydrate	53 g	67 g	50 g
of which sugars	6,5 g	8,4 g	6,2 g
fibre	5,1 g	6,5 g	4,8 g
protein	24 g	31 g	23 g
salt	2,0 g	2,6 g	1,9 g

INGREDIENTS:

noodles (durum **wheat** semolina) 42 %, tomatoes 25 %, ground pork meat 8 %, ground beef meat 8 %, carrot, onion, tomato paste, **wheat** flour, **cream**, spices, canola oil, salt

A POSTCARD FROM...

SWITZERLAND

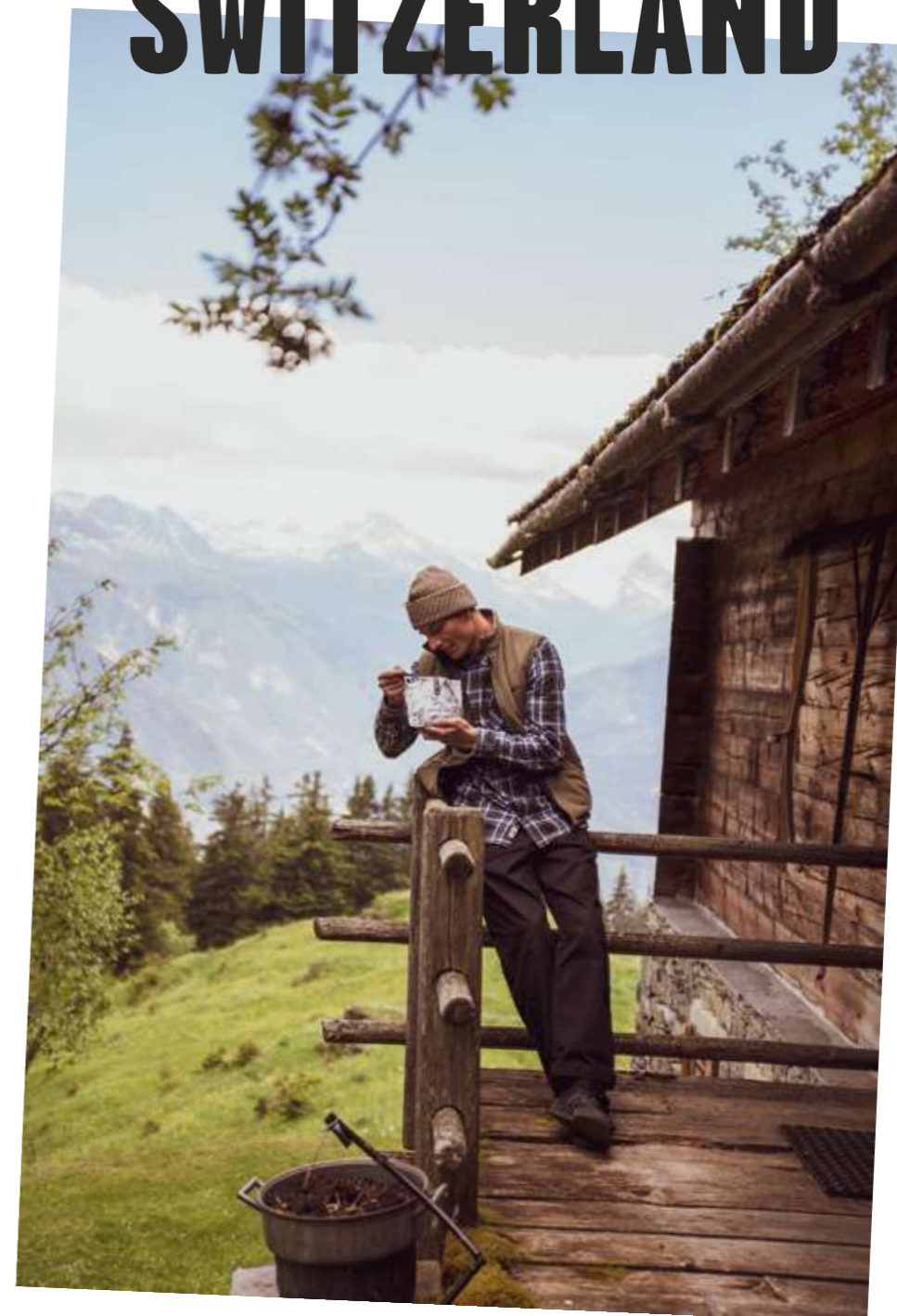


Photo: Kuba Golczyk

beef stroganoff

Straight from mid 19th-century Tsarist Russia to wherever the trail leads you. Tender beef pieces simmered with onions, mushrooms and pickled cucumber, seasoned with mustard and a variety of spices. Served with penne pasta. We went to great lengths to recreate this time-honored classic recipe without compromising its original flavor so that you can enjoy it even when you're out in nature.

meat

lactose free



NUTRITIONS PER:	100 G	BIG SERVING 122 G	SMALL SERVING 90 G
energy	1630 kJ / 386 kcal	1988 kJ / 471 kcal	1467 kJ / 348 kcal
fat	6,4 g	7,7 g	5,7 g
of which saturates	1,5 g	1,9 g	1,4 g
carbohydrate	46 g	56 g	42 g
of which sugars	5,7 g	6,9 g	5,1 g
fibre	8,7 g	11 g	7,8 g
protein	32 g	39 g	28 g
salt	2,9 g	3,5 g	2,6 g

INGREDIENTS:

noodles (durum **wheat** semolina) 39 %, beef (strips) 33 %, champignons 7 %, onion, red bell pepper, **wheat** flour, mustard (**mustard seeds**, vinegar, sugar, salt, spices) pickled cucumber (cucumber, garlic, dill, salt), tomato paste, canola oil, salt, spices (contain **celery**)

pork loin in dill

LYO Pork Loin in Dill brings back childhood memories. We combined tender pork loin and potatoes with a variety of vegetables, including carrots, parsley root, leek, onions, broccoli, and cauliflower. Then, we dipped everything in a creamy dill sauce. Although it's hard to compete with mom's cooking, we promise it tastes almost as good. Plus, it is super easy to prepare! Besides, when was the last time you ate dill anyway?

meat

lactose free



NUTRITIONS PER:	100 G	ONE SERVING 91 G
energy	1766 kJ / 420 kcal	1607 kJ / 383 kcal
fat	14 g	13 g
of which saturates	4,8 g	4,3 g
carbohydrate	38 g	35 g
of which sugars	5,0 g	4,6 g
fibre	6,3 g	5,7 g
protein	33 g	30 g
salt	4,5 g	4,1 g

INGREDIENTS:

vegetables (potatoes, carrot, parsley root, leek, onion, broccoli, cauliflower) 61 %, pork loin (cubes) 33 %, **wheat** flour, canola oil, salt, spices (contains **celery**), dill 0,3 %

bigos

Devoured at altitudes above 7000 m before the summit push, out in the open ocean, and deep within the wildest jungles... Our freeze-dried Bigos has been traveling all around the world, delighting the taste buds of an increasing number of adventurers each year. It may not be the most obvious choice and the idea of combining sauerkraut with pork, chicken, mushrooms and dried plums may seem a bit strange to those who are not familiar with traditional Polish cuisine. However, we promise that the flavor makes up for any doubts, and soon you won't get enough of this perfect rustic dish. Tastes even better with a slice of good bread!

meat

gluten free

lactose free



NUTRITIONS PER:	100 G	ONE SERVING 53 G
energy	1351 kJ / 322 kcal	716 kJ / 171 kcal
fat	6,0 g	3,2 g
of which saturates	1,8 g	1,0 g
carbohydrate	17 g	9,2 g
of which sugars	5,3 g	2,8 g
fibre	18 g	9,5 g
protein	41 g	22 g
salt	7,7 g	4,1 g

INGREDIENTS:

sauerkraut (white cabbage, carrot, salt) 59 %, pork meat (cubes) 18 %, champignon mushrooms 8 %, chicken breast fillet (cubes) 6 %, tomato paste, onion, spices (contains **celery**), dried plums 1 %, canola oil, dried boletus mushrooms 0,3 %, salt, sugar

barley-lentils risotto

A classic north Italian dish with a modern twist. Known for its thick and creamy texture, risotto makes a perfect primo piatto – highly adaptable, simple and elegant. To the hundreds of variations that have been created over the centuries we decided to add another one: a freeze-dried risotto made with barley and green lentils, mixed with red bell pepper, leek and pumpkin seeds, and dipped in a creamy avocado mousse. A true vegan delicacy for outdoor adventure enthusiasts who like to enjoy a delicious warm meal along the way.

lactose free



NUTRITIONS PER:	100 G	ONE SERVING 128 G
energy	1724 kJ / 411 kcal	2207 kJ / 526 kcal
fat	12 g	16 g
of which saturates	2,3 g	3,0 g
carbohydrate	52 g	67 g
of which sugars	7,0 g	8,9 g
fibre	14 g	17 g
protein	15 g	20 g
salt	1,5 g	1,9 g

INGREDIENTS:

red bell pepper 41 %, pearl **barley** 20 %, green lentils 14 %, leek, avocado 4 %, pumpkin seeds, parsley, olive oil, lemon juice, salt, spices



pork stew

It's easy to enjoy the outdoors with delicious food in your backpack. LYO Stew with Pearl Barley is a well-balanced dish created to give you plenty of energy for the final stretch of any adventure. Imagine tender pieces of pork and pearl barley dipped in a creamy sauce with a generous portion of veggies, including carrots, red bell peppers, green peas, parsley root, and onions. Packed with carbohydrates and protein, this is the perfect fuel for what's waiting for you just around the corner.

meat

lactose free



NUTRITIONS PER:	100 G	BIG SERVING 112 G	SMALL SERVING 83 G
energy	1680 kJ / 399 kcal	1882 kJ / 447 kcal	1394 kJ / 331 kcal
fat	9,3 g	10 g	7,7 g
of which saturates	2,4 g	2,7 g	2,0 g
carbohydrate	41 g	46 g	34 g
of which sugars	4,2 g	4,7 g	3,5 g
fibre	8,1 g	9,0 g	6,7 g
protein	34 g	38 g	28 g
salt	3,4 g	3,8 g	2,8 g

INGREDIENTS:

pork meat (cubes) 40 %, pearl **barley** 26 %, green peas 5 %, carrot 5 %, parsley root, onion, red bell pepper, **wheat** flour, canola oil, spices (contains **celery**), salt.

A POSTCARD FROM...

PATAGONIA



Photo: Julia Cassou



Pete Whittaker and Sean Villanueva O'Driscoll, Patagonia

farfalle with spinach and gorgonzola

Farfalle, farfalloni, farfalline... it all means butterflies, smaller or larger! This beloved type of pasta is appreciated for its delicate surface and cheerful shape, which combines a thick center with thinner wings. It is said that the variety of textures makes farfalle especially well-suited for cream sauces, and we couldn't agree more. We imagined them in a rather classic Italian entourage accompanied by spinach and Gorgonzola cheese, and garnished with almond flakes. Seems like we did it right as LYO Farfalle has been capturing the palates of adventure-hungry outdoor enthusiasts from day one, giving them butterflies wherever they go.

meat free



NUTRITIONS PER:	100 G	ONE SERVING 94 G
energy	1845 kJ / 440 kcal	1734 kJ / 413 kcal
fat	16 g	15 g
of which saturates	7,9 g	7,4 g
carbohydrate	52 g	49 g
of which sugars	5,5 g	5,2 g
fibre	8,3 g	7,8 g
protein	18 g	17 g
salt	1,7 g	1,6 g

INGREDIENTS:
pasta (durum **wheat** semolina) 41 %, spinach 28 %, onion, sour **cream**, **cheese** gorgonzola (DOP) 5 %, **almonds** 2 %, **butter**, plant-based broth (corn flour, salt, yeast extract, flavors from natural vegetal extracts and spices), salt, garlic

mac & cheese

If you believe that cheese makes every dish taste better, you're not alone. Now you can satisfy your cravings even during multi-day expeditions. LYO Mac&Cheese is a modern twist on the classic favorite: wheat macaroni pasta swathed in a sauce blending Cheddar, Pecorino Romano, and Gruyère. Its creamy texture and intertwining flavors will seduce your palate and make any outdoor dinner even more exciting. The perfect choice for adventurers who don't mind long travels but can't stand boring food.

meat free



NUTRITIONS PER:	100 G	ONE SERVING 130 G
energy	2018 kJ / 481 kcal	2623 kJ / 625 kcal
fat	20 g	26 g
of which saturates	13 g	17 g
carbohydrate	53 g	69 g
of which sugars	5,0 g	6,5 g
fibre	2,5 g	3,3 g
protein	21 g	27 g
salt	1,7 g	2,2 g

INGREDIENTS:
pasta (durum **wheat** semolina) 54 %, **milk** 27 %, **cheese** cheddar 8 %, **cheese** pecorino romano (PDO) 3,5 %, potato flour, **cheese** gruyère 1,5 %, **butter**, onion, plant-based broth (corn flour, salt, onion, yeast extract, flavors from natural vegetal extracts), salt, spices

chili sin carne

Everyone knows famous chili con carne, but we assure you that the meat-free version is no less delicious! The popular Mexican comfort food is made with basic ingredients, but it's the fine spices that bring out the rich flavor and distinctive aroma. To create the freeze-dried option, we only used organic veggies including nutritious red beans, sun-kissed tomatoes, onions, red bell peppers, and green olives. A generous portion of gluten-free polenta makes the dish even more filling. Packaged in a practical durable pouch, LYO Organic Chili sin Carne is more than ready to accompany you on your outdoor adventures. Plus, the cow is still alive.

gluten free

lactose free



NUTRITIONS PER:	100 G	ONE SERVING 70 G
energy	1678 kJ / 400 kcal	1175 kJ / 280 kcal
fat	13 g	9,0 g
of which saturates	1,2 g	0,8 g
carbohydrate	51 g	36 g
of which sugars	16 g	11 g
fibre	15 g	11 g
protein	13 g	8,8 g
salt	3,8 g	2,6 g

INGREDIENTS:

polenta (cornmeal) * 30 %, tomatoes (tomatoes, tomato juice)*, red bell pepper*, red bean* 13 %, onion*, green olives* 2 %, canola oil*, spices*, salt, chili* 0,04 %

*organic farming product

THIS MEAL IS CERTIFIED:



lentil dal

Dal is a famous traditional Indian stew that delights with its distinctive flavor and thick, creamy consistency. Loved by many for its infinite adaptability, dal comes in various versions depending on the individual preferences. At LYOFood we went for red lentils slow-simmered in a creamy coconut-tomato sauce and served with gluten-free millet. We topped it off with crispy green lentils to give it an extra crunchy texture. In short, the ultimate freeze-dried organic version of the Indian classic dish that will keep you warm for hours.

gluten free

lactose free



NUTRITIONS PER:	100 G	ONE SERVING 97 G
energy	1757 kJ / 41 kcal	1704 kJ / 406 kcal
fat	12 g	12 g
of which saturates	6,1 g	5,9 g
carbohydrate	53 g	51 g
of which sugars	4,6 g	4,5 g
fibre	12 g	12 g
protein	19 g	18 g
salt	1,7 g	1,6 g

INGREDIENTS:

millet* 36 %, tomatoes (tomatoes, tomato juice)* 16 %, red lentils* 15 %, coconut milk*, onion*, green lentils* 4 %, olive oil*, salt, spices*, cumin*, curcuma*, ginger*

*organic farming product

THIS MEAL IS CERTIFIED:



creamy broccoli & spinach soup

Doesn't matter if you climb, hike, ride a bike or run - you won't get very far without a nutritious and fueling meal. Gain strength like Popeye and go as far as you want. Broccoli, spinach, mozzarella and pumpkin seeds - we have packed all the good stuff in a small, lightweight LYO zipper bag. It is yummy, satisfying and adventure ready!

gluten free



SOUPS



NUTRITIONS PER:	100 G	ONE SERVING 60 G
energy	1873 kJ / 451 kcal	1124 kJ / 271 kcal
fat	28 g	17 g
of which saturates	13 g	7,8 g
carbohydrate	10 g	6,0 g
of which sugars	9,1 g	5,4 g
fibre	17 g	10 g
protein	31 g	18 g
salt	4,2 g	2,5 g

INGREDIENTS:
broccoli 37 %, spinach 33 %, mozzarella **cheese** 9 %, onion, sour **cream**, pumpkin seeds 5 %, **cheddar cheese**, salt, spices (contains celery)

THIS MEAL IS CERTIFIED:



creamy tomato & pepper soup

It has been extensively tested and cooked again and again to discover that distinctive flavor note. The little secret is to roast red peppers and tomatoes together right before cooking. We won't disclose the big secret, but the soup's creamy texture, combined with a handful of white rice, is sure to satisfy any hungry enthusiast of this beloved dish.

gluten free



NUTRITIONS PER:	100 G	ONE SERVING 60 G
energy	1654 kJ / 393 kcal	992 kJ / 236 kcal
fat	11 g	6,7 g
of which saturates	7,4 g	4,4 g
carbohydrate	58 g	35 g
of which sugars	22 g	13 g
fibre	9,1 g	5,5 g
protein	10 g	6,2 g
salt	2,5 g	1,5 g

INGREDIENTS:

tomato pulp (tomatoes, tomato juice) 30 %, rice 26 %, red bell pepper 15 %, sour **cream**, onion, tomato paste 8 %, salt, sugar, spices

THIS MEAL IS CERTIFIED:



PL-103-022

A POSTCARD FROM...

PAKISTAN

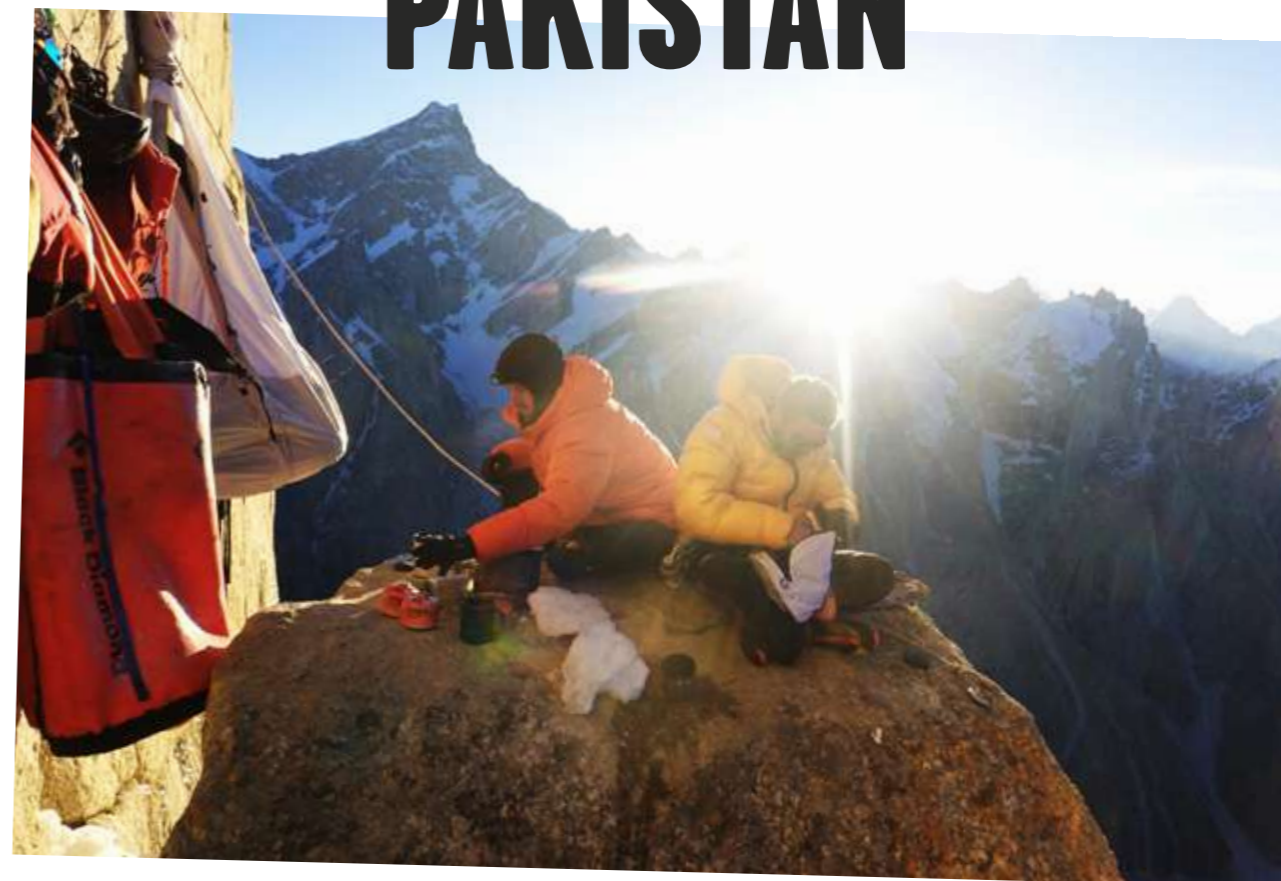


Photo: Jesse Huey



Trango Tower, Baltoro Glacier, Pakistan

creamy mushroom soup

Imagine a meadow surrounded by trees, with the sun just coming out. Its rays are reflected in the water drops on the grass, and the air smells of the forest waking up after the rain. We have made every effort to ensure that this is what comes to mind when enjoying our mushroom soup. Creamy, warming and rounded with a delicate note of Gorgonzola cheese somewhere at the end of this adventure. We couldn't resist adding some pasta to enrich the texture but also because mushrooms and pasta simply belong together.

meat free



NUTRITIONS PER:	100 G	ONE SERVING 65 G
energy	1691 kJ / 402 kcal	1099 kJ / 261 kcal
fat	11 g	7,3 g
of which saturates	7,1 g	4,6 g
carbohydrate	52 g	34 g
of which sugars	13 g	8,4 g
fibre	9,5 g	6,2 g
protein	19 g	12 g
salt	3,2 g	2,1 g

INGREDIENTS:

pasta (durum **wheat** semolina) 31 %, champignons 24 %, onion, mushrooms 7 %, carrot, sour **cream**, dried mushrooms 3 %, **cheese** gorgonzola (DOP) 3 %, parsley leaves, salt

creamy leek & onion soup

If you are planning a romantic camping trip for two, we recommend choosing something else. However, if you are looking for a warming soup with a distinct onion flavor, this cream of onion, leek and potato is a hit. A few slices of Pecorino Romano and a handful of chickpeas complete the dish we all crave once in a while.

meat free

gluten free



NUTRITIONS PER:	100 G	ONE SERVING 60 G
energy	1743 kJ / 417 kcal	1046 kJ / 250 kcal
fat	18 g	11 g
of which saturates	11 g	6,8 g
carbohydrate	37 g	22 g
of which sugars	13 g	7,8 g
fibre	12 g	7,4 g
protein	20 g	12 g
salt	5,8 g	3,5 g

INGREDIENTS:

onion 21 %, leek 21 %, chickpea 14 %, potatoes, **cheese** pecorino romano (PDO) 7 %, sour **cream**, chive, spices (contains **celery**), salt

THIS MEAL IS CERTIFIED:



PL-103-021



apple & cinnamon porridge

A match made in heaven! Especially in the colder months, few things are as comforting as the classic flavor combo of sweet apples and cinnamon. We also had to include it in our offer, combining it with coconut milk, gluten-free oats, chia seeds and cranberries to create a warming breakfast with a delightful aroma. 100% organic ingredients without any artificial additives make our porridge taste like you have just prepared it at home, but thanks to our freeze-drying technology you can enjoy it anywhere.

gluten free

lactose free



BREAKFAST

NUTRITIONS PER:	100 G	ONE SERVING 70 G
energy	2015 kJ / 483 kcal	1410 kJ / 338 kcal
fat	24 g	17 g
of which saturates	18 g	13 g
carbohydrate	51 g	36 g
of which sugars	18 g	12 g
fibre	12 g	8,1 g
protein	9,7 g	6,8 g
salt	0,04 g	0,03 g

INGREDIENTS:
 gluten-free oats* 53 %, coconut milk* 37 %, agave syrup*, apple cubes* 2 %, chia seeds*, cranberry slices* 1 %, cinnamon* 0,3 %
 *organic farming product

THIS MEAL IS CERTIFIED:



mexican scrambled eggs

Freeze-dried breakfasts offer more than just oatmeal. We're well aware that many of you crave a savory dish to start your day off on the right foot. This is why we created a unique version of the well-known scrambled eggs - a dish that has been enjoyed by people for centuries, dating back to Roman times! Enriched with some valuable ingredients including red beans, sheep milk cheese and corn, Mexican Style Scrambled Eggs are definitely worth waking up for and will give you extra energy for a long day in the outdoors. Now you can forget about carrying delicate eggs in your backpack and still enjoy your favorite type of breakfast.

gluten free



NUTRITIONS PER:	100 G	ONE SERVING 75 G
energy	2020 kJ / 484 kcal	1515 kJ / 363 kcal
fat	28 g	21 g
of which saturates	8,5 g	6,4 g
carbohydrate	24 g	18 g
of which sugars	9,3 g	7,0 g
fibre	8,9 g	6,7 g
protein	29 g	22 g
salt	2,8 g	2,1 g

INGREDIENTS:

vegetables (red bell pepper, onion, sweet corn, red bean) 53 %, **egg** mix 39 %, sheep's **cheese** 3,5 %, olive oil, coriander leaves, salt, garlic, dried chili

THIS MEAL IS CERTIFIED:



PL-103-005

blueberry & fig porridge

One of LYO's greatest superstars. An absolute favorite not only among our customers but also among our ambassadors. Truth be told, we're not surprised. Gluten-free oats cooked in coconut milk and combined with blueberries from the mountains, chia seeds, and a touch of agave syrup to make it sweeter but not overly sweet. Rounded off with chunky fig slices. LYO Blueberry & Fig Porridge will provide you with long-lasting energy for the day ahead, whether you're heading to the mountains or running errands in the city.

gluten free

lactose free



NUTRITIONS PER:	100 G	INGREDIENTS:
energy	1960 kJ / 469 kcal	gluten-free oats 53 %, coconut milk 36 %, agave syrup, figs slices 4 %, chia seeds 1,5 %, blueberries whole 1 %
fat	21 g	
of which saturates	15 g	
carbohydrate	54 g	
of which sugars	20 g	
fibre	11 g	
protein	10 g	
salt	0,02 g	

THIS MEAL IS CERTIFIED:



OATS-PL-103-007

raspberry millet porridge

We don't want to brag, but our Raspberry Millet Porridge is really something to get out of your sleeping bag for, wherever you wake up. Organic millet, coconut milk, a few drops of agave syrup and a handful of raspberries – sounds great? Tastes even better! To give your immune system a little boost before a long adventure, we generously sprinkled everything with chokeberry powder. LYO Raspberry Millet Porridge is both lactose and gluten-free and suitable for vegans. Moreover, we sourced all the ingredients from organic farming to make it as delicious as possible.

gluten free

lactose free



NUTRITIONS PER:	100 G	ONE SERVING 77 G
energy	1861 kJ / 443 kcal	1433 kJ / 341 kcal
fat	14 g	11 g
of which saturates	11 g	8,1 g
carbohydrate	67 g	52 g
of which sugars	19 g	14 g
fibre	7,7 g	5,9 g
protein	8,6 g	6,6 g
salt	0,03 g	0,02 g

INGREDIENTS:

millet* 71 %, coconut milk* 19 %, agave syrup*, raspberry crumble* 3 %, aronia powder* 1 %, sugar*.

*organic farming product

THIS MEAL IS CERTIFIED:



millet payasam

The new addition to our breakfast menu: hearty millet porridge bursting with sweet and spicy flavors to give you an invigorating boost ahead of a long day. Prepared according to an authentic Indian recipe, Millet Payasam tantalizes the palate with tender grains that melt in your mouth accompanied by succulent raisins and crunchy almonds. The aromatic blend of cardamom and cinnamon goes perfectly with the coconut notes. Infused with a subtle caramel flavor achieved by adding a pinch of jaggery, unrefined sugar made from sugar cane juice using traditional methods. A nourishing breakfast or guilt-free dessert? Treat yourself to our new Indian delicacy wherever you choose.

gluten free

lactose free



NUTRITIONS PER:	100 G	ONE SERVING 53 G
energy	2049 kJ / 489 kcal	1024 kJ / 244 kcal
fat	22 g	12 g
of which saturates	20 g	11 g
carbohydrate	64 g	34 g
of which sugars	30 g	16 g
fibre	2,2 g	1,2 g
protein	7,6 g	4,0 g
salt	1,3 g	0,69 g

INGREDIENTS:

millet 50 %, coconut milk 34 %, jaggery sugar, raisins (raisins, sunflower oil), **almonds**, cardamom, salt, cinnamon

THIS MEAL IS CERTIFIED:



DESSERTS

apple

Do you really think you'll be able to stop at just one pouch of these crispy apple pieces?
A perfect fruit snack on the go, and also a great addition to breakfasts and desserts.



NUTRITIONS PER:	100 G	ONE SERVING 20 G
energy	1580 kJ / 373 kcal	316 kJ / 75 kcal
fat	1 g	0,2 g
of which saturates	0,2 g	0,0 g
carbohydrate	84 g	17 g
of which sugars	77 g	15 g
fibre	10 g	2 g
protein	2,1 g	0,4 g
salt	0,0 g	0,0 g

INGREDIENTS:
apple pieces 100 %

wild berry mix

Raspberries, blueberries and blackberries all together! How often do you have the opportunity to enjoy such a great seasonal combo? With LYO Wild Berry Mix you can have it anytime, anywhere. Crunchy, sweet and sour, it is the perfect little treat to snack on while traveling, adventuring in the wild or on a busy day in the city. Add it to your morning oatmeal, smoothie, or dessert to give it an extra fruity twist!



NUTRITIONS PER:	100 G	ONE SERVING 30 G
energy	1419 kJ / 339 kcal	426 kJ / 102 kcal
fat	3,6 g	1,1 g
of which saturates	0,1 g	0,0 g
carbohydrate	52 g	16 g
of which sugars	45 g	13 g
fibre	33 g	9,9 g
protein	8,2 g	2,5 g
salt	0,0 g	0,0 g

INGREDIENTS:
raspberry whole 33,3 %,
blueberry whole 33,3 %,
blackberry whole 33,3 %

sour cherry

Sour cherries can make your day sweet! Stoneless, deep-red and sliced LYO cherries retain their sweet and sour flavor and are pleasantly crunchy. They are perfect as a smoothie ingredient or an addition to your morning oatmeal. And if you mix them with creamy LYO Chocolate Pudding, you will get the ultimate outdoor dessert!



NUTRITIONS PER:	100 G	ONE SERVING 30 G
energy	1558 kJ / 369 kcal	467 kJ / 111 kcal
fat	2,1 g	0,6 g
of which saturates	0,5 g	0,1 g
carbohydrate	75 g	23 g
of which sugars	60 g	18 g
fibre	11 g	3,3 g
protein	7 g	2,1 g
salt	0,1 g	0,0 g

INGREDIENTS:
sour cherry slices 100 %

fruity dream

Sour cherries, apple and strawberries... a snack you will always find time for, even in the middle of the action high above the clouds. Eat it straight from the pouch or add it to your morning porridge to turn it into an unusual fruity meal. Whatever you choose, one thing is for sure: it will equip you with positive energy for the rest of your day!



NUTRITIONS PER:	100 G	ONE SERVING 30 G
energy	1549 kJ / 367 kcal	465 kJ / 110 kcal
fat	2,2 g	0,7 g
of which saturates	0,3 g	0,1 g
carbohydrate	74 g	22 g
of which sugars	64 g	19 g
fibre	15 g	4,4 g
protein	5,5 g	1,7 g
salt	0,0 g	0,0 g

INGREDIENTS:

sour cherry slices 33,3 %, strawberry cube 33,3 %, apple cube 33,3 %

exotic pleasure

Looking for a sweet snack for your outdoor excursions? Or maybe snow and rain make you miss summer big time? The LYO Exotic Pleasure mix brings back the vacay mood, and is a great alternative to highly processed fruit snacks. Enjoy the delicious combination of sun kissed tangerines, kiwi, banana and pineapple wherever you are!



NUTRITIONS PER:	100 G	ONE SERVING 30 G
energy	1580 kJ / 374 kcal	474 kJ / 112 kcal
fat	1,8 g	0,5 g
of which saturates	0,2 g	0,1 g
carbohydrate	78 g	23 g
of which sugars	61 g	18 g
fibre	13 g	3,8 g
protein	5,1 g	1,5 g
salt	0,0 g	0,0 g

INGREDIENTS:

kiwi slices 25 %, banana slices 25 %, pineapple tidbits 25 %, tangerines segments 25 %

strawberry

For us, strawberry is more than just a fruit – it's a taste of childhood! And now we can share it with you. Filled with delightful, sunny flavor and aroma, LYO strawberries are perfect for snacking on the go, as well as for baking and decorating desserts. Pro tip: pop a few slices in a glass of white wine or Prosecco and you will never want to drink another cocktail without them!



NUTRITIONS PER:	100 G	ONE SERVING 20 G
energy	1499 kJ / 356 kcal	300 kJ / 71 kcal
fat	3,3 g	0,7 g
of which saturates	0,2 g	0,0 g
carbohydrate	63 g	13 g
of which sugars	54 g	11 g
fibre	22 g	4,4 g
protein	7,4 g	1,5 g
salt	0,0 g	0,0 g

INGREDIENTS:
strawberry slices 100 %

banana

Pure banana! This fruit snack is a great substitute for sweets, and a tasty alternative to dried bananas which are often fried in oil. An excellent choice for both children and adults.

Probably every outdoor sports enthusiast already knows that carrying a crushed banana in a backpack is far from pleasant. Thanks to our freeze-drying technology, you can now have banana slices always with you, even in the most extreme conditions.



NUTRITIONS PER:	100 G	ONE SERVING 30 G
energy	1577 kJ / 373 kcal	473 kJ / 112 kcal
fat	1,3 g	0,4 g
of which saturates	0,5 g	0,1 g
carbohydrate	81 g	24 g
of which sugars	49 g	15 g
fibre	10 g	3,1 g
protein	4,4 g	1,1 g
salt	0,0 g	0,0 g

INGREDIENTS:
banana slices 100 %

crema catalana

You know what they say... there's always room for dessert! Especially the one that lifts your spirits when it gets rough. Even if you find yourself imprisoned in a tent during a cold winter blizzard, this world-famous dessert will teleport your shivering mind to cozy cafés on sun-dappled streets of Barcelona, at least for a moment. Made with egg yolks and milk, and finished with a refreshing hint of orange and a touch of aromatic cinnamon, LYO Crema Catalana is a perfect dessert to enjoy with your afternoon coffee, and also a great base for breakfast at high altitudes due to its smooth, creamy texture.

gluten free



NUTRITIONS PER:	100 G	ONE SERVING 65 G
energy	1993 kJ / 475 kcal	1296 kJ / 309 kcal
fat	21 g	14 g
of which saturates	11 g	7,0 g
carbohydrate	53 g	34 g
of which sugars	43 g	28 g
fibre	2,4 g	1,6 g
protein	17 g	11 g
salt	0,48 g	0,31 g

INGREDIENTS:

milk 78 %, **egg** yolk 11 %, sugar, potato flour, orange peel 1,5 %, cinnamon.

THIS MEAL IS CERTIFIED:



PL-103-004

chocolate pudding

Every, even the smallest success deserves a reward. That is why we created our freeze-dried chocolate pudding! Enriched with more chocolate and creamier than ever, LYO Chocolate Pudding will tantalize your taste buds. Add a handful of our freeze-dried Wild Berry Mix or Sour Cherry to create the perfect outdoor dessert.

gluten free



NUTRITIONS PER:	100 G	ONE SERVING 65 G
energy	2185 kJ / 522 kcal	1420 kJ / 339 kcal
fat	26 g	17 g
of which saturates	16 g	11 g
carbohydrate	60 g	39 g
of which sugars	52 g	34 g
fibre	3,9 g	2,5 g
protein	10 g	6,6 g
salt	0,22 g	0,14 g

INGREDIENTS:

milk 62 %, chocolate (cocoa paste, cane sugar, cocoa butter) 17 %, sugar, **egg** mix, potato flour 3 %.

THIS MEAL IS CERTIFIED:



PL-103-020



SAMPLING

Because the taste of our meals is a distinguishing feature, we are introducing **sample sachets** to provide our clients with a tool to help them lure customers.



mango lassi

With its creamy yogurt consistency, refreshing tropical mango flavor, and a spicy cardamom note, LYO Mango Lassi is poised to become our new bestseller! Just a small amount of water is all you need to turn the powder into a classic Indian summer drink, an unbeatable thirst quencher.

And now you can enjoy this perfect smoothie also in the dead of winter and on outback adventures. The pleasure is all ours.



TO DRINK



FITNESS



RUNNING



CYCLING



CLIMBING



TREKKING

NUTRITIONS PER:	100 G	ONE SERVING 50 G
energy	2045 kJ / 488 kcal	1022 kJ / 244 kcal
fat	20 g	10 g
of which saturates	12 g	6,2 g
carbohydrate	64 g	32 g
of which sugars	61 g	31 g
fibre	9,5 g	4,8 g
protein	8,4 g	4,2 g
salt	0,23 g	0,12 g

INGREDIENTS:

greek **yoghurt** 59 %, mango puree 30 %, sugar 10,7 %, cardamom 0,3 %.

red smoothie

What could be better than the taste of strawberry, banana, peach, blackcurrant and cranberry all at once? In the middle of winter or while exploring remote corners of the world, LYO Red Smoothie will enhance your meals and snack breaks, transforming them into a celebration of color and flavor. Treat yourself to a delicious fruit combo, anytime, anywhere, all thanks to our freeze-drying technology.



NUTRITIONS PER:	100 G	ONE SERVING 30 G
energy	1456 kJ / 345 kcal	437 kJ / 103 kcal
fat	1,8 g	0,5 g
of which saturates	0,3 g	<0,1 g
carbohydrate	67 g	20 g
of which sugars	52 g	16 g
fibre	17 g	5,0 g
protein	7,0 g	2,1 g
salt	0,03 g	<0,01 g

INGREDIENTS:

freeze-dried fruits in powder (strawberry 30 %, banana 30 %, peach 20 %, blackcurrant 13 %, cranberry 7 %).

green smoothie

Spinach, nettle, apple, kiwi and pineapple with a pinch of ginger... This is not a menu item from a new hip café, but our best-selling smoothie! With its refreshing flavor and vibrant green color, LYO Green Smoothie captivates the senses. Enjoy it all year long, in the city, while traveling, and during your outdoor adventures.



NUTRITIONS PER:	100 G	ONE SERVING 30 G
energy	1485 kJ / 352 kcal	446 kJ / 106 kcal
fat	2,0 g	0,6 g
of which saturates	0,2 g	<0,1 g
carbohydrate	70 g	21 g
of which sugars	61 g	18 g
fibre	16 g	4,7 g
protein	5,9 g	1,8 g
salt	0,18 g	0,05 g

INGREDIENTS:

freeze-dried fruits in powder (apple 36,6 %, kiwi 36,6 %, pineapple 20 %), spinach 3 %, nettle 3 %, ginger 0,8 %.

ruby smoothie

High-quality ingredients, no preservatives, no artificial additives, no added sugar. In short, an uncompromising fruit and veggie combo for smoothie lovers. The combination of sweet strawberries and beetroot finished with a slightly sour note of blackcurrant creates a truly explosive flavor! All sealed in a handy sachet. LYO smoothie adds a pop of color to your busy workdays or to your menu while exploring the wilderness. It will also perfectly complement the diet of active kids and picky eaters over the age of 3.



NUTRITIONS PER:	100 G	ONE SERVING 30 G
energy	1369 kJ / 325 kcal	411 kJ / 98 kcal
fat	2,5 g	0,7 g
of which saturates	0,3 g	<0,1 g
carbohydrate	56 g	17 g
of which sugars	47 g	14 g
fibre	21 g	6,3 g
protein	9,2 g	2,8 g
salt	0,10 g	0,03 g

INGREDIENTS:
freeze-dried fruits in powder (strawberry 53 %, blackcurrant 37 %), freeze-dried vegetable in powder (beetroot 10 %).

A POSTCARD FROM...

USA



Photo: Olek Leydo



Canyon National Park, USA

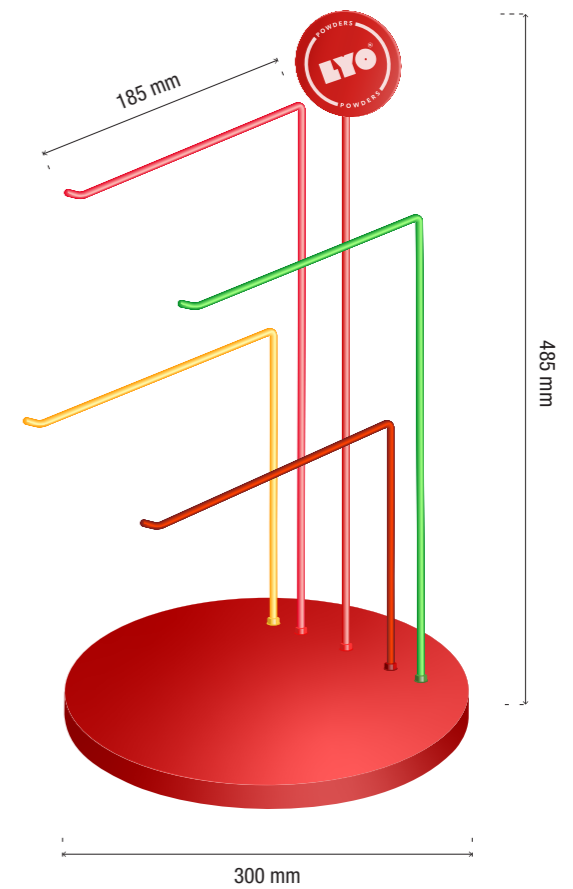
A COUNTER DISPLAY TO MATCH THE STYLE

Created to perfectly match our smoothies,
stand out from the crowd with its unique design,
and last a long, long time...

[VIEW SPECIAL OFFER](#)

Our display will be delivered
unassembled for trouble-free
and secure shipping.
Assembly is fast and easy*

*screwing 5 screws to five rods, done!



It holds 10 each of red, ruby
and green smoothies. 7 pieces
of Mango Lassi due to the larger
size of this sachet.

FORMULA

100% NATURAL, PLANT-BASED SOLUTION FOR SPORT HYDRATION THAT SUPPORTS YOUR BODY **BEFORE**, **DURING** & **AFTER** TRAINING.

It consists of 3 drinks that boost and help to sustain the energy demand, improve liquid intake & reduce overuse injury risks.

DEVELOPED WITH CHLOË LANTHIER

SPEED SUPPLIES QUICK ENERGY

A plant-based solution to prevent low energy before exercising. The SPEED Formula increases muscle glycogen levels. It is high in calcium and magnesium, minerals that regulate nerve signals and muscle contractions. The SPEED Formula is perfect:

before a short intense or long endurance workout • prior to a competition • at checkpoints during ultra events • when exhausted on a big wall or in the middle of the ocean • when falling asleep at work or experiencing jet lag



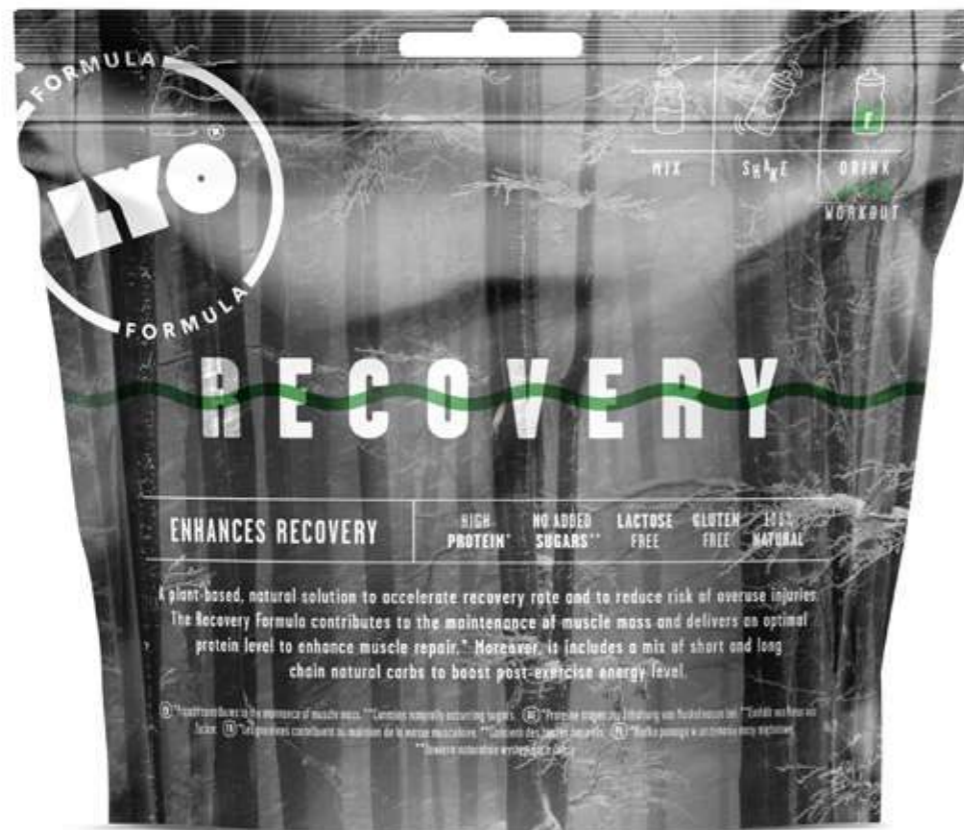
NUTRITIONS PER:	100 G	14 SERVINGS 196 G	1 SERVING 14 G
energy	1623 kJ / 385 kcal	3181 kJ / 755 kcal	227 kJ / 54 kcal
fat	4,8 g	9,3 g	0,7 g
of which saturates	0,9 g	1,7 g	0,1 g
carbohydrate	40 g	78 g	5,6 g
of which sugars	35 g	69 g	4,9 g
fibre	16 g	31 g	2,2 g
protein	38 g	74 g	5,3 g
salt	1,2 g	2,4 g	0,2 g

INGREDIENTS:
pea protein isolate powder: origin China, freeze-dried powders: mango, raspberry, beetroot, acerola

RECOVERY

ENHANCES RECOVERY

A plant-based solution to speed up recovery and reduce the risk of overuse injuries. The RECOVERY Formula helps maintain muscle mass and provides the right amount of protein to improve muscle repair. In addition, it contains a combination of short and long-chain natural carbohydrates to boost post-exercise energy levels.



NUTRITIONS PER:	100 G	14 SERVINGS 196 G	1 SERVING 14 G
energy	1772 kJ / 409 kcal	3375 kJ / 805 kcal	241 kJ / 57 kcal
fat	9,2 g	18 g	1,3 g
of which saturates	1,6 g	3,2 g	0,2 g
carbohydrate	32 g	62 g	4,5 g
of which sugars	26 g	52 g	3,7 g
fibre	11 g	22 g	1,5 g
protein	44 g	87 g	6,2 g
salt	1,3 g	2,5 g	0,18 g

INGREDIENTS:

pea protein isolate powder:
origin China, freeze-dried
powders: orange, strawberry,
blueberry, avocado, banana

PERFORMANCE

SUPPLIES LONG-LASTING ENERGY

A plant-based solution to improve physical performance, prevent dehydration, and guard against muscle cramping. The PERFORMANCE Formula ensures instant delivery of energy with its moderate to low glycemic carbohydrates, promotes oxygen transfer, and enhances fluid intake during physical activity. The PERFORMANCE Formula:

will help you maintain a good pace on a never-ending road • will feed your brain and muscles with constant energy when you are at your lowest, darkest hour



NUTRITIONS PER:	100 G	14 SERVINGS 252 G	1 SERVING 14 G
energy	1423 kJ / 336 kcal	3585 kJ / 848 kcal	256 kJ / 60 kcal
fat	0,6 g	1,4 g	0,1 g
of which saturates	0,2 g	0,5 g	0,00 g
carbohydrate	74 g	186 g	13 g
of which sugars	67 g	169 g	12 g
fibre	12 g	31 g	2,2 g
protein	3,0 g	7,6 g	0,5 g
salt	4,5 g	11 g	0,8 g

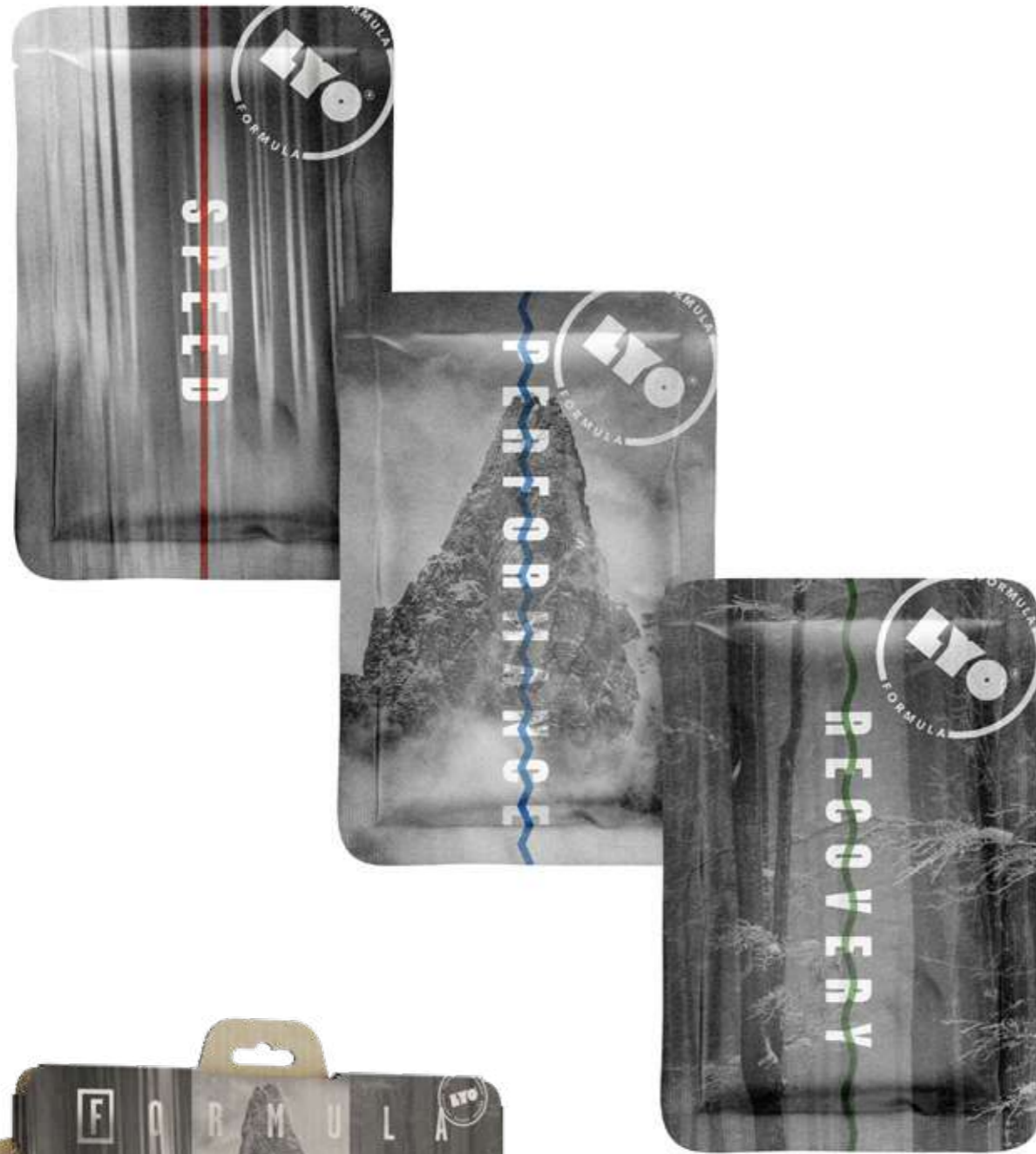
INGREDIENTS:

banana, coconut water, apple,
pineapple, pear, kiwi, salt

FORMULA

SET

Test our FORMULA hydration system with this set containing all three drinks – SPEED, PERFORMANCE and RECOVERY – in small sachets enclosed in a stylish cardboard envelope made of recycled paper waste.



A POSTCARD FROM...

CYPRUS



Photo: Michal Gurgul

LYO ambassador Sean Villanueva O'Driscoll in our kitchen.



LET'S COOK SOMETHING UP

together!

A unique menu with highly personalized meals.
Composed and prepared together
with our ambassadors - *our friends.*

Each meal is created together with one athlete
as an expression of his or her individual taste,
food preferences and personality. Without
compromise, each dish is 100% natural and made
with only high-quality ingredients.

What sets this menu apart is that each meal
becomes jointly owned. We want our friends to
share in the revenue generated by the products
we have created together.

[GO TO PROJECT WEBPAGE](#)

HOW DOES THIS WORK?

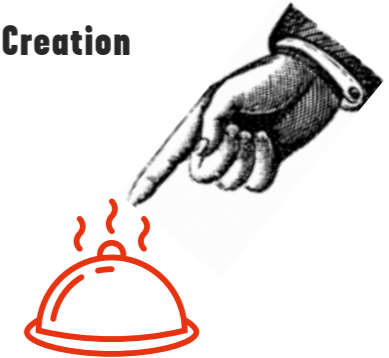
1. Brainstorming



We get together with each ambassador to discuss their culinary ideas.

They are all passionate and aware of what they eat. They are all individualists having different approaches to nutrition, different needs and ideas of how outdoor food should be like. We don't judge. We just want to make it happen.

2. Creation



Next we work on various recipes and finally choose the one that best reflects the athlete's personality.

It is his/her taste and nutritional preferences that define the meal. This Menu is as much about collaboration and solidarity as individuality.

3. Magic



Eventually, we create a trial version of the meal to be tested again and again by us and our ambassadors.

Once approved, the meal goes into production - we cook, freeze-dry, and pack it.

4. Revelation



When the product is ready to be launched, promotion and sales activities begin. The meal and recipe are co-owned by both LYOFood and the athlete, who receives royalties for every single pouch of the meal sold.

1

NETTLE CURRY *by* Sean Villanueva O'Driscoll



This could be a classic vegan green curry, but it's Sean's twist, so we added nettles that he loves, skipped potatoes he avoids, and included a proper amount of coconut milk along with all the veggies we had in our fridge.

The key points are aromatic herbs and spices like turmeric, coriander seeds, coriander leaves, cumin, garlic, ginger, and lemongrass.



Nettle Curry

Refreshingly original and absolutely captivating. Veggies, coconut milk and nettle? It's a match! What we love most about this dish is that it is as crazy positive as its author. Nettle Curry was our first dish from a unique menu developed together with LYO ambassadors. Sean Villanueva O'Driscoll is known not only for his world-class climbing achievements, but also for his culinary skills and commitment to healthy eating. No wonder his Nettle Curry is packed with veggies! Sugar peas, carrots, pumpkin, broccoli, and zucchini are served in a creamy coconut sauce with basmati rice. Nettle leaves reflect Sean's exceptional taste and complement the dish in a surprising but charming way.

gluten free

lactose free



NUTRITIONS PER:	100 G	ONE SERVING 110 G
energy	1973 kJ / 472 kcal	2171 kJ / 519 kcal
fat	23 g	25 g
of which saturates	21 g	23 g
carbohydrate	53 g	58 g
of which sugars	12 g	13 g
fibre	8,2 g	9,0 g
protein	9,5 g	10 g
salt	1,9 g	2,1 g

INGREDIENTS:
 vegetables (carrot, pumpkin, sugar peas, broccoli, runner bean, zucchini) 42 %, rice 28 %, coconut milk, coriander leaves, lime juice, salt, green chili, spices, lemon grass, nettle 0,04 %.

THIS MEAL IS CERTIFIED:



PL-103-006

2

APPLE CRUMBLE *by* MARKO PREZELJ



What is Marko Prezelj's favorite dessert?
Apple pie without the pie! That inspired us to create
our freeze-dried Apple Crumble.

The second product from the "Let's cook something up together"
project, created with the legendary Slovenian alpine
climber Marko Prezelj.

Sweet roasted apples and traditional crunchy crumble bring to mind
the time spent with grandparents. Isn't that wonderful?



Marko Prezelj

MARKO

apple CRUMBLE

We all have food cravings we simply can't resist no matter where we are. In our case, a delicious fruit pie is definitely at the top of the list, but it's quite difficult to find one in the most remote places or when surrounded by rugged mountain peaks. Fortunately, LYO Apple Crumble by Marko Prezelj comes to the rescue anytime, anywhere. Sweet apples roasted with a solid pinch of cinnamon and covered with crunchy traditional crumble are as delicious as you imagine and are ready to make you feel at home on any expedition. Pro tip: use less water to get a perfectly crispy consistency!



NUTRITIONS PER:	100 G	ONE SERVING 70 G
energy	2143 kJ / 512 kcal	1500 kJ / 358 kcal
fat	25 g	18 g
of which saturates	17 g	12 g
carbohydrate	65 g	45 g
of which sugars	36 g	25 g
fibre	2,6 g	1,8 g
protein	5,3 g	3,7 g
salt	0,46 g	0,32 g

INGREDIENTS:
wheat flour 39%, butter 29%, sugar, apple 13%, cinnamon

THIS MEAL IS CERTIFIED:



3

MASH & CHEESE *by* MATHIEU MAYNADIER



Mashed potatoes combined with a selection of fine cheeses and mushrooms marinated in homemade Worcestershire sauce.

Mesdames et Messieurs, we give you Mash&Cheese by Mathieu Maynardier. He dreamt it, we freeze-dried it.

MATHIEU

MASH ^{AND} CHEESE

Chewing and swallowing at high altitudes are rarely easy and alpinists know it better than anyone else. It was Mathieu Maynadier's stories that ignited a spark and got us thinking... Why not create a dish that is effortless to consume, yet provides enough energy to keep going?

It sounds like the very essence of the idea behind EXPEDITION Menu.

Mashed potatoes are combined with a hand-picked selection of the finest cheeses, along with mushrooms marinated in a homemade Worcestershire sauce. Mesdames et Messieurs, we give you Mash&Cheese by Mathieu Maynadier. He dreamt it, we freeze-dried it.

gluten free



NUTRITIONS PER:	100 G	ONE SERVING 90 G
energy	2153 kJ / 517 kcal	1938 kJ / 672 kcal
fat	32 g	29 g
of which saturates	18 g	16 g
carbohydrate	36 g	32 g
of which sugars	6,1 g	5,5 g
fibre	4,3 g	3,9 g
protein	19 g	17 g
salt	4,1 g	3,6 g

INGREDIENTS:

mashed potatoes (potatoes 91 %, **milk**, **butter**, spices, salt) 49 %, **cheese** sauce (**milk** 59 %, **cheese** cheddar 18 %, **cheese** pecorino romano (DOP) 8 %, potato flour, **cheese** gruyère 3 %, **butter**, onion, plant-based broth (corn flour, salt, onion, yeast extract, flavors from natural vegetal extracts), salt, spices) 39 %, mushrooms in tamarind sauce (mushrooms 89 %, olive oil, salt, apple vinegar, agave syrup, tamarind, spices, sugar) 12 %.

THIS MEAL IS CERTIFIED:



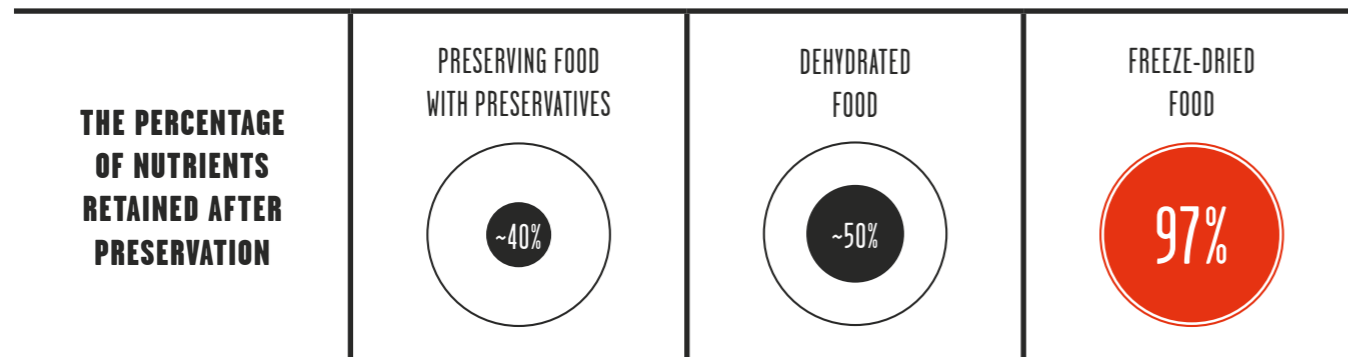
PL-103-024

LYO ambassador Sean Villanueva O'Driscoll in our kitchen.

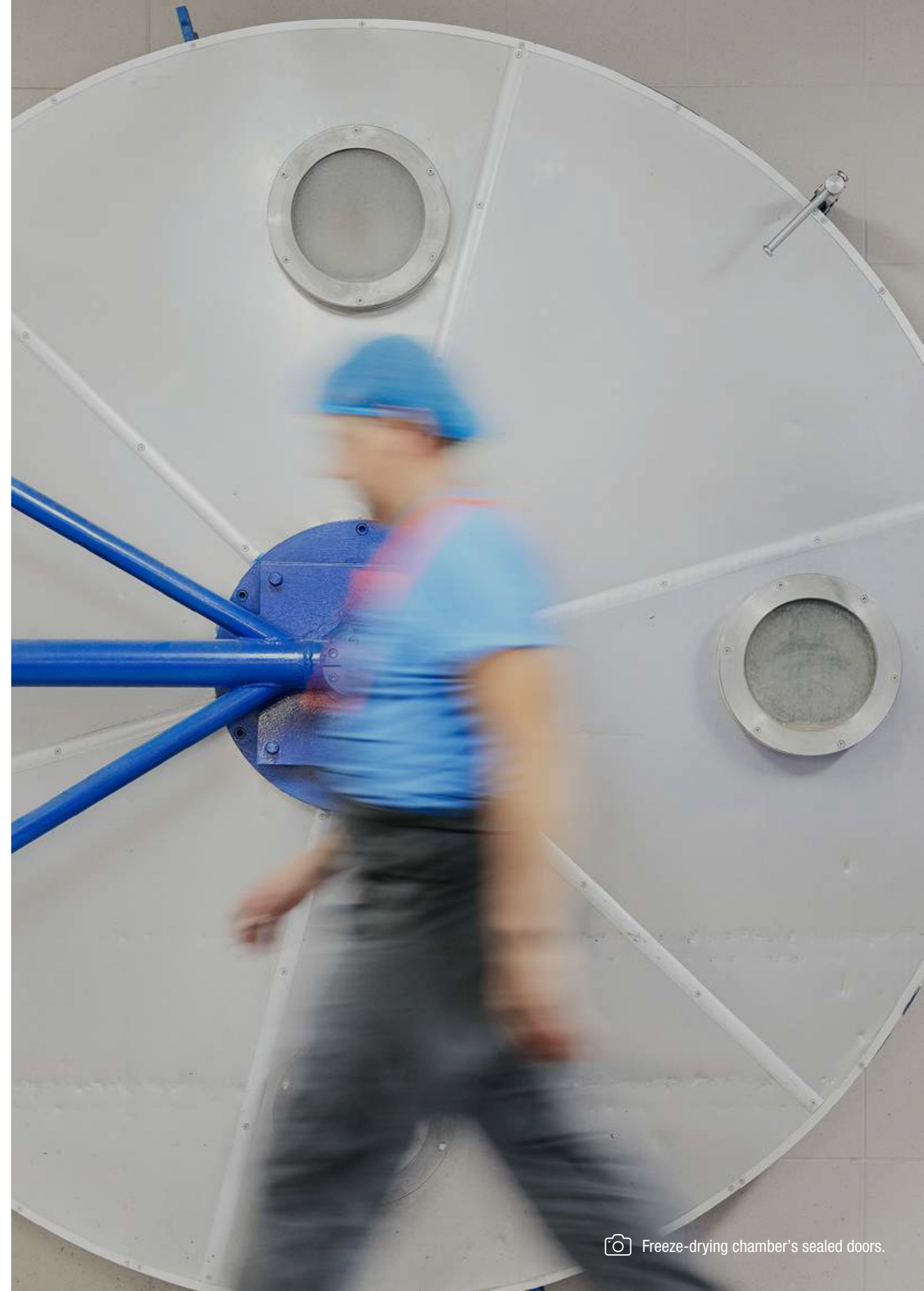
LET'S COOK SOMETHING UP
together!

more coming soon...

WHY DO WE EXCLUSIVELY USE THE FREEZE-DRYING PROCESS?



BESIDE THE ABOVE, FREEZE-DRYING ALLOWS TO OBTAIN THE LOWEST WEIGHT TO NUTRITION RATIO AND THE LONGEST SHELF LIFE.





OUR PROVEN POUCH DESIGN MAKES IT EASY AND CONVENIENT TO PREPARE THE MEAL INSIDE.

A pair of tear notches for easy opening.

Zip lock allows you to reseal the pouch.

The second pair of tear notches makes the pouch shorter and more convenient to eat from.

Thanks to the laser scoring, tearing off goes smoothly.

Fill lines printed inside the pouch help determine the correct water level for each meal.

The custom-made triplex pouch material allows you to safely pour boiling water inside.

Four rounded corners make the pouch safe to carry in your backpack.





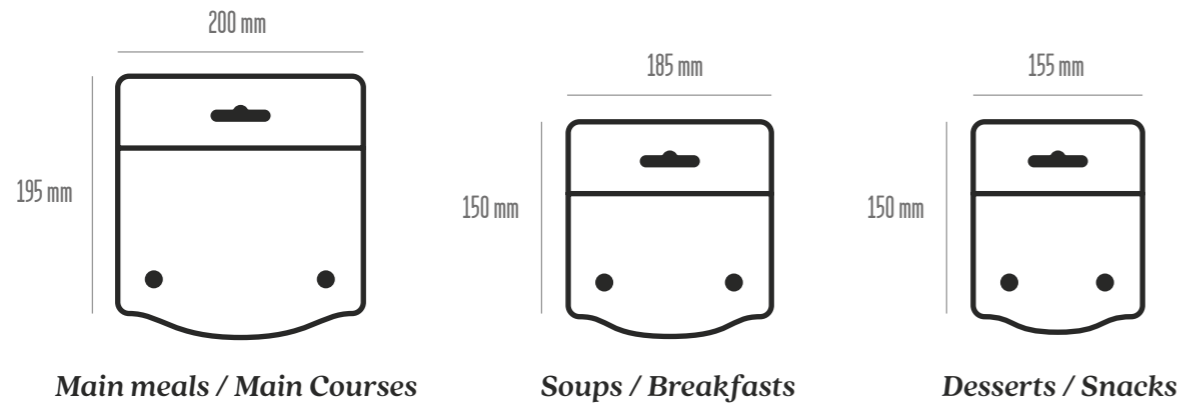
PACKAGING

NEW



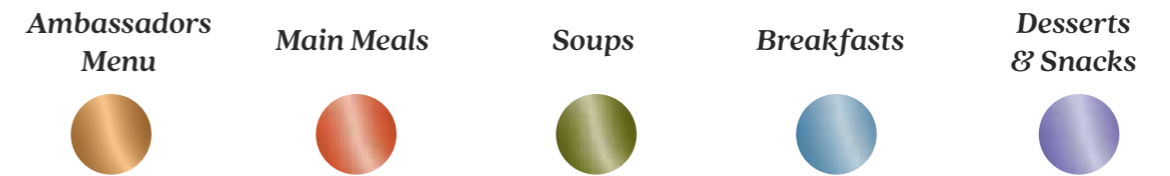
3 DIFFERENT SIZES

Pouch dimensions optimized and adapted to the food inside.

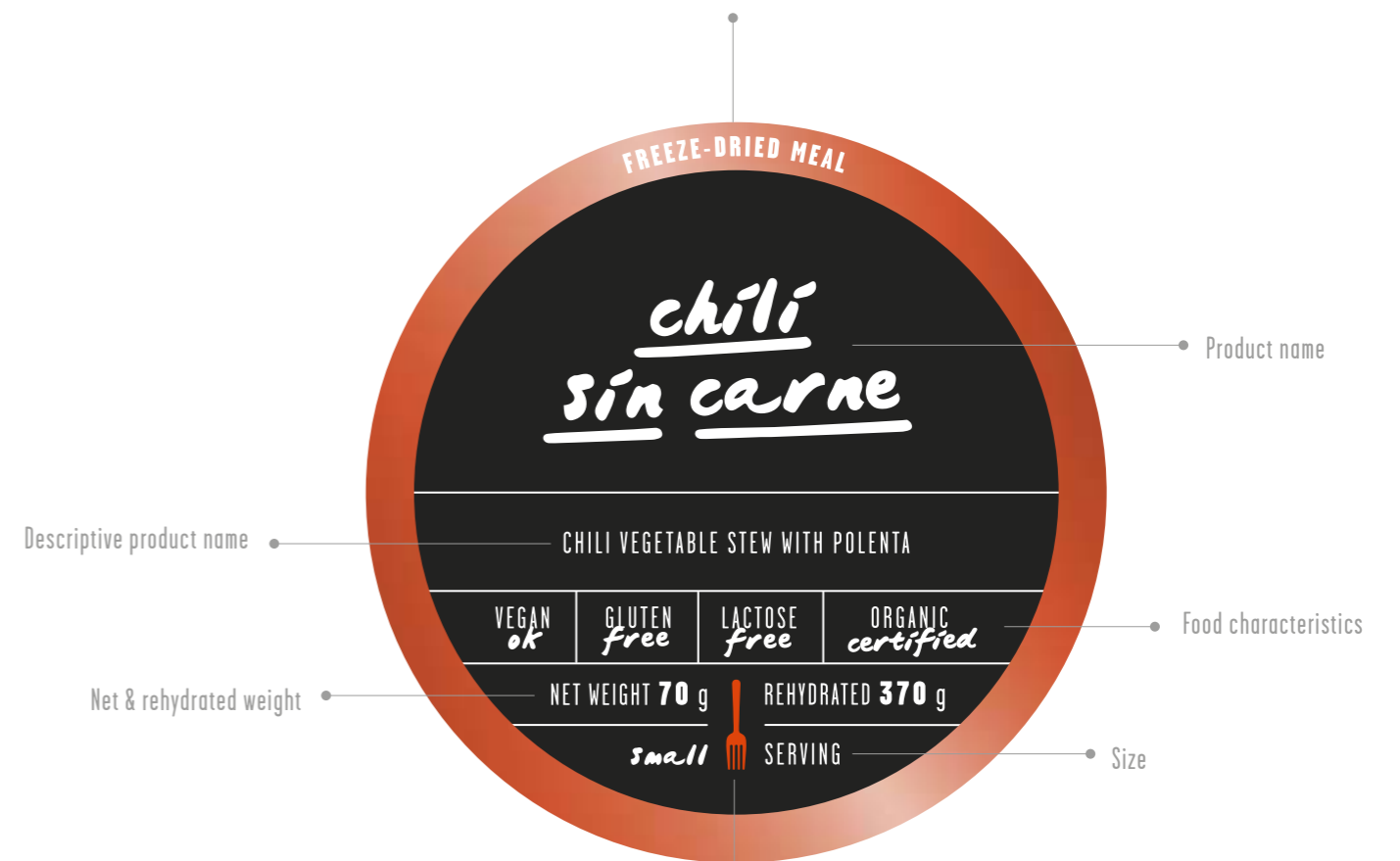


NEW COLOR-CODED LABELS

Neatly organized information, quick identification of dish type.



Metallic color-coded border



IT SEEKS OUT FOODS WITH EASILY RECOGNIZABLE INGREDIENTS AND NO ARTIFICIAL OR SYNTHETIC CHEMICALS.

Why did we choose to go Clean Label?

For us, it is a matter of being transparent with the consumer. Not to cleverly hide anything away. To produce the food that is trustworthy. As a family company, we take our business very personally - there is simply no other option.

Being transparent with our clients is fundamental, but that's only the starting point. We aim for perfection and for us it means 3 things:

no. 1 / constantly improving the entire production process,

no. 2 / elevating our production and business ethics to even higher standards,

no. 3 / perfecting every single detail of our products.



We already keep almost the entire production process in-house, which gives us great control. A few years ago, we obtained TÜV FSSC 22000 certification, a golden standard in the industry for food safety systems. Despite this achievement, we are continuously seeking ways to improve our processes even further.



Long before the term “sustainability” became popular, we adopted the only approach that made sense to us. We collect heat from refrigeration units and utilize it in the freeze-drying process and to heat the entire office during winter. We reuse water recovered from the freeze-drying process to irrigate fields. As of January 2024, all energy purchased for our new manufacturing plant comes from renewable sources. We focus on optimizing our packaging and strive to reduce energy consumption and waste generation. Obviously there is still a long way to go before we can call ourselves fully sustainable, but from the very beginning, we have been steadily moving in this direction with great satisfaction.

We launched our first gluten-free meal in 2013, followed by our first vegan meal in 2014, and our entirely organic meal in 2017. To emphasize our commitment to creating delicious, nutritious meals and promoting organic agriculture, we made the decision in 2018 to officially certify our meals. These certifications symbolize the values and priorities we stand for: high-quality ingredients, healthier recipes, ethically & ecologically conscious choices.



21

PRODUCTS

17

PRODUCTS

15

PRODUCTS

OUR USP AND OTHER IMPORTANT POINTS

Exclusively natural and clean label products



All our products are not only 100% natural but also Clean Label. Meaning we do not use natural additives, colourants and flavor enhancers either.

Unsurpassed ambassadors team



There is no other outdoor food brand with such a strong and recognizable team of ambassadors. It gives us unique visibility and brand perception in the outdoor community.

Wide range of tastes



In our EXPEDITION MENU we offer 30 different products. Additionally, we provide over 20 other food items, making our selection one of the three most extensive in the market.

Exclusively freeze- dried ingredients



We only use freeze-drying because it allows us to preserve 97% of the original nutrients. There are no heat-dried or other instant ingredients in our products.

The taste



This is subjective, of course, but no other brand is as praised for the taste of its meals as LYO. We were the first and so far the only one to win the Gold Outdoor Industry Award for taste as well as many other awards and recognitions.

Fresh and innovative approach



After 12 years on the market we still stand out with our fresh and innovative approach to product development and communication.

Local and sustainable



From the very beginning, we have focused on three key aspects of food production: Supporting local organic farming Prioritizing meat-free products Reducing, recovering and reusing our resources

Over 30 years of know-how



We not only freeze-dry, but also engineer all of our freeze-dryers and other machines we use. This gives us an advantage in terms of speed and accuracy.

Really cooked quality meals



Most brands do not cook their meals; they simply mix pre-cooked ingredients. We do cook each meal because we can feel the difference.

Family business



Our story is true and solid. We are a family-owned company with a history of over 30 years, built from scratch to become one of the largest producers of freeze-dried meals in the EU.

Manufactured in-house



We sell what we actually produce. We do not outsource production and simply put labels on products made elsewhere by others.

100% renewable energy



All energy purchased for our new manufacturing plant comes from renewable sources.

HIGHLIGHTS OF THE YEAR

**REMOTE PLACES, AMAZING
EXPEDITIONS, FIRST ASCENTS
HARD CLIMBS OR JUST WANDERING**

We couldn't be more proud that world-renowned athletes and explorers choose our food regardless of the circumstances.

In fall 2023, two talented Polish alpinists, **Maciej Kimel** and **Wadim Jabłoński**, established a new 1,600 meter-long route up the northeast pillar of Chobutse (6,686 m) in Nepal's Rolwaling Valley.

Due to time constraints the team opted for a single push, alpine style ascent. "Just Breathe" M5 WI4 R/X took them three days of climbing in

gusty winds with cold, sometimes tentless bivouacs followed by an equally long, sketchy descent in dangerous terrain.

For many years now **Ade Moser** has been proving that an athlete can thrive on a plant-based diet. In the fall of 2023, she traveled to Morocco to take on another ultra challenge in a vegan style.

**Five nights of bivouacking,
three days of self-sufficient
racing and a million
different types of sand.**

We stayed calm and kept our fingers crossed, but once we got a photo of her fueling up with our Nettle Curry before **winning the 120km multistage HMDS** race in the heart of the Sahara and placing 4th overall, we totally lost it.



MIRROR WALL

Forging a new big wall line up Greenland's 'Arcti El Cap' proved to be the most challenging endeavor Sean Villanueva O'Driscoll and Nico Favresse had ever taken on.

Mirror Wall owes its name to its almost featureless main face.

The granite is said to be so blank and smooth that a climber can almost see their reflection... After many days of enormous effort and just 30 meters below easier terrain, Sean, Nico, Franco and Ben were faced with a choice between progress and ethics, and instead of drilling a bolt ladder against their own climbing rules they chose to bail. The decision was by no means easy to take, but it also felt right.

Big dreams need more than one try.
After an unsuccessful attempt in autumn 2019,
last spring **Mathieu Maynadier** and **Roger Scháli**
teamed up with **Simon Gietl**, and returned to India
to give the Meru project another go.

The Garhwal Himalayas welcomed them with unsta- ble weather conditions and a thick blanket of snow.

However, the team managed to stick to the plan and
finally, after three long days and climbing some of
the most spectacular, super technical pitches in icy
winds, they reached the summit of Meru South
(6,600 m) via a fresh new route on its East Face:
"Goldfish" 800 m, M6+ A1.



FILLING THE VOID

Professional German slackliner and Guinness World Record holder **Lukas Irmeler** followed the lead of Bernhard Witz and Faith Dickey to repeat their amazing highline in the French Vallée Blanche. Lukas and the team climbed two stunning granite towers in the Mont Blanc massif, Trident and Chandelle,

and filled the void between them not only with the webbing but also with passion.

The project involved climbing 6b or harder routes on both sides, dealing with proper mountain conditions, and... performing a handstand 200 meters above the glacier at an altitude of 3,000 m.



INES PAPERT

Ines is one of the world's most prominent experts in ice climbing. A four time lead ice climbing World Champion. She has won 3 World Cup Overall Titles.

Sean is a climber, adventurer, filmmaker and musician. Well known for his persistence in making first ascent of virgin big walls in a pure climbing style no matter the conditions.

SEAN VILLANUEVA



ROGER SCHÄLI

A Swiss alpinist and true all-rounder, internationally recognized for his remarkable achievements such as the first ascents of Arwa Spire and Meru Peak or a paragliding flight from the summit of Cerro Torre in Patagonia.

Young slovenian alpinist who has already been awarded the Piolet d'Or for the first ascent of the north face of Hagshu in India.

LUKA LINDIC

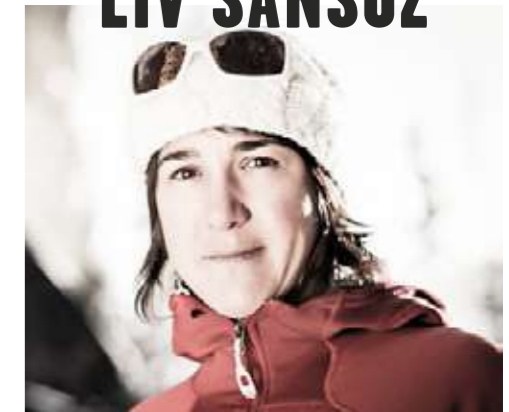


KILIAN JORNET

A six-time champion of The Skyrunner World Series, a winner of the UTMB, Grand Raid, Hardrock... Kilian Jornet

Liv loves rock climbing, mountaineering, skiing and paragliding. She is one of the first women to redpoint an 8c+ route back in 2000.

LIV SANSOZ



WE WOULD LIKE TO THANK ALL OUR AMBASSADORS FOR TRUSTING OUR PRODUCTS, SUPPORTING THE BRAND, AND HELPING US GROW AS A CONSCIOUS FOOD MANUFACTURER.



ADAM BIELECKI

A Polish alpine and high-altitude climber and a member of The Polish National team. Adam made the first winter ascents of Gasherbrum I and Broad Peak.

One of the best female rock climbers. With many impressive 8b ascents like Hotel Supramonte or Mind Control 8c+.

NINA CAPREZ



MARKO PREZELJ

A legendary Slovenian alpinist, professional mountain guide, photographer and a mentor to a group of young Slovenian alpinists.

One of the most well-known alpinists. Author of the first free winter ascent of Shisha Pangma, Makalu, Gasherbrum II and Nanga Parbat.

SIMONE MORO



PIOTR HERCOG

One of the first Polish professional ultra runners. He has participated in many acclaimed multi-sports races such as the Abu Dhabi Adventure Challenge.

An alpinist and a mountain guide, always in search of ambitious mountaineering projects all around the world.

SIMON GIETL





NICOLAS FAVRESSE

Whether it is a massive big wall in an alpine environment or two moves on a small but tricky boulder or a tune on his guitar, Nico just loves the rock in all its forms.

He describes himself as an expert in extreme expeditions to the most remote places on Earth. The first person ever to solo cross the Mongolian Gobi Desert.

MATEUSZ WALICÓRA



THOMAS HUBER

A German climber who shaped the history of climbing. His long list of achievements includes a new route on the North Pillar of Shivling in India, for which he was awarded the Piolet d'Or.



A Catalan mountaineer making solo ascents of virgin walls around the world. Awarded a Special Mention at the Piolets d'Or 2021 for her outstanding contribution to solo big wall climbing.

SILVIA VIDAL



KAMILA KIELAR

She has completed the Pacific Crest Trail, kayaked alone in the Pacific Ocean, lived and worked with Canadian and Alaskan trappers. An Award-winning traveler, journalist, and speaker.



Bouldering, trad, soloing, multipitch, winter climbing - Fabian Buhl is good at everything!

FABIAN BUHL



Maciek is a Polish climber with a tick list full of impressive winter climbs in Alaska and several first free ascents in Greenland and Patagonia.

MACIEK CIESIELSKI



CHLOË LANTHIER

Chloë is an accomplished mountain runner and the first woman to complete the Iditarod Trail - invitational, unsupported winter mountain bike event in Alaska.



A French mountain guide, skier, rock and ice climber. Mathieu is a two-time national ski mountaineering champion.

MATHIEU MAYNADIER



VICTOR DE LE RUE

A three-time Freeride World Champion. Whether it is a pro competition, filming project or wild adventure, Victor is always all in.



Thank you!

SINGLE INGREDIENT ORGANIC POWDERS

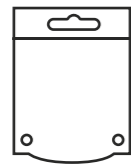
Our powders are packed with vitamins and nutrients, offering a natural, robust flavor and color. Just one tablespoon of powder is all you need to make a delicious smoothie, milkshake, juice, or tea.

Perfect for everyday cooking, making sauces, desserts, dressings, and outstanding cocktails.

RAW QUALITY

For our range of organic powders, we have selected 8 seasonal organic fruits and vegetables grown in Poland.

We use about 0.5 kg of high-quality raw ingredients to make one pouch (50 g) of our freeze-dried powder.



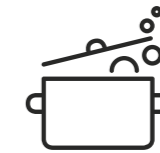
two sizes

40g and 50g

[GO TO LYO POWDERS WEBPAGE](#)

ORGANIC VITAMIN RICH FREEZE DRIED POW DERS

PERFECT FOR



COOKING



BAKING



SAUCES



DRESSINGS



SHAKES



DRINKS



SMOOTHIES



COCKTAILS





FAST & Healthy

ANYTIME, ANYWHERE

[BISTRO MENU WEBPAGE](#)



“First we eat then we do everything else.”

M. F. K. Fisher

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Front cover photo: Kuba Golczyk



Back cover photo: Therése Freid