Monday, April 24, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Buinbrood Snee 6 x 1 snee	480	3		84			24			
kaas 48 plus aldi 1 1/2 x 1 plak, 1.5 g	166	14.4		0			12			
Aldi Slagersachterham Ham 3 x 1 plak , 60 g	66	1.8		0.6			12.6			
Total	712	19.2		84.6			48.6			
Lunch										
Indomie Instant Noodles Chicken Flavour 84 g	380	15.16	8.84	51.82	2.39	3.34	8.84	1.55		
Dinner										
Plus Nasi Goreng 1 portie, 350 g	466	11.2	2.1	71.4	3.9	8.8	18.2	3.5		
Snacks/Other										
Ingevroren Aardbeien, Ongezoet 170 g	60	0.19	0.01	15.52	3.6	7.75	0.73	3	0	252
Ah Tropisch Fruit Tropisch Fruit 3 x 100gr	150	0		36			1.5			
Total	210	0.19	0.01	51.52	3.6	7.75	2.23	3	0	252
Total	**1768**	**45.75**	**10.95**	**259.34**	**9.89**	**19.89**	**77.87**	**8.05**	**0**	**252**