Thursday, August 10, 2017

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Tomaten	22	0.25	0.057	4.82	1.5	3.23	1.08	6	0	292
1 medium whole (2-3/5" dia)										
Calvé Pindakaas (15g)	73	6.38	0.95	1.25	0.73	0.73	2.35	65.97		
11 g										
Groote Ham Kaufland	107	2.97		0.99			18.81			
3/3 x 100, 99 g										
Buinbrood Snee	320	2		56			16			
4 x 1 snee										
Total	522	11.6	1.007	63.06	2.23	3.96	38.24	71.97	0	292
Lunch										
Buinbrood Snee	240	1.5		42			12			
3 x 1 snee										
ERU Smeerkaas Balans 15+	121	5	3	4	0	4	15	12		
100 g										
Jumbo Coburger Rauwe Ham	185	10.2	3.9	0.9	0	0.9	22.3	1770		
100 g										
Total	546	16.7	6.9	46.9	0	4.9	49.3	1782		
Dinner										
Halve Haan	428	26.25		0			46.88			
3/4 x halve haan										
Broccoli	51	0.56	0.058	9.96	3.9	2.55	4.23	50	0	474
150 g										
Total	479	26.81	0.058	9.96	3.9	2.55	51.11	50	0	474
Snacks/Other										
Haribo Kersen	115	0.04	0.04	26.25	0.04	9.1	2.42	0.01		

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	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
3 1/2 x 1 stuk, 35 g										
Smiths Hamka's Mini	111	5.5	0.9	13	0.3	0.6	1.7	0.2		
1 zakje , 22 g										
Milka Melkchocolade	281	15.64	9.28	31	0.95	30.48	3.5	0.09		
53 g										
AH Watermeloen Gesneden	109	0.62	0	23.4	1.25	18.72	1.87	0		
312 g										
Total	616	21.8	10.22	93.65	2.54	58.9	9.49	0.3		
Total	2163	76.91	18.185	213.57	8.67	70.31	148.14	1904.27	0	766