# Wednesday, May 18, 2016

| | Cals (kcal) | Fat (g) | Sat (g) | Carbs (g) | Fiber (g) | Sugar (g) | Prot (g) | Sod (mg) | Chol (mg) | Potassium (mg) |
|---|---|---|---|---|---|---|---|---|---|---|
| **Breakfast** | | | | | | | | | | |
| Lidl Pindakaas<br>2 x 1 portie, 30 g | 200 | 17.4 | 3.4 | 2.6 | 1.8 | 1.6 | 6.8 | 8 | | |
| Buinbrood Snee<br>2 x 1 snee | 160 | 1 | | 28 | | | 8 | | | |
| AH Basic Oatmeal<br>25 g | 94 | 1.75 | 0.38 | 14.75 | 2.5 | 0.18 | 3.5 | 0 | | |
| Eiwitshake 40gramm<br>kleine, 40 g | 145 | 1 | | 2 | | | 34 | | | |
| Total | 599 | 21.15 | 3.78 | 47.35 | 4.3 | 1.78 | 52.3 | 8 | | |
| **Lunch** | | | | | | | | | | |
| Spaghetti<br>100 g | 157 | 0.92 | 0.175 | 30.68 | 1.8 | 0.56 | 5.76 | 232 | 0 | 45 |
| Kipfilet<br>2 x 100gramm | 222 | 6 | | 0 | | | 42 | | | |
| Total | 379 | 6.92 | 0.175 | 30.68 | 1.8 | 0.56 | 47.76 | 232 | 0 | 45 |
| **Dinner** | | | | | | | | | | |
| Tomatoes<br>2 medium whole (2-3/5" dia) | 44 | 0.49 | 0.113 | 9.64 | 3 | 6.47 | 2.16 | 12 | 0 | 583 |
| Eiwitshake 40gramm<br>kleine, 40 g | 145 | 1 | | 2 | | | 34 | | | |
| Kipfilet<br>2 x 100gramm | 222 | 6 | | 0 | | | 42 | | | |
| Witte Rijst (Lange Korrel, Gekookt)<br>100 g | 130 | 0.28 | 0.077 | 28.17 | 0.4 | 0.05 | 2.69 | 1 | 0 | 35 |
| Total | 541 | 7.77 | 0.19 | 39.81 | 3.4 | 6.52 | 80.85 | 13 | 0 | 618 |

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|---|---|---|---|---|---|---|---|---|---|---|
| **Snacks/Other** | | | | | | | | | | |
| Gekookt Ei<br>2 medium | 136 | 9.3 | 2.864 | 0.99 | 0 | 0.99 | 11.03 | 245 | 371 | 111 |
| Vis Marine Gerookte Forelfilet<br>100 g | 117 | 4.5 | 2.1 | 0 | 0 | 0 | 19 | 0.5 | | |
| Buinbrood Snee<br>1 snee | 80 | 0.5 | | 14 | | | 4 | | | |
| kwark magere 100 gr - ALDI<br>2 1/2 x 100gr, 250 g | 125 | 1.25 | | 9.25 | | | 22.25 | | | |
| Total | 458 | 15.55 | 4.964 | 24.24 | 0 | 0.99 | 56.28 | 245.5 | 371 | 111 |
| **Total** | **1977** | **51.39** | **9.109** | **142.08** | **9.5** | **9.85** | **237.19** | **498.5** | **371** | **774** |