

Monday, August 5, 2013

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Druivensuiker 40 g	146	0.4	0.4	36.4	0	32.8	0	0		
Whey Perfection 325 ml	143	1.82		3.25			28.4			
Aardbeien 200 g	64	0.6	0.03	15.36	4	9.32	1.34	2	0	306
Total	353	2.82	0.43	55.01	4	42.12	29.74	2	0	306
Lunch										
Volle Melk 5 x 200 ml	640	36	22	47		47	32	1		
Dinner										
Mayonaise 4 x 1 portie, 60 ml	424	44.8	3.6	0.72	0	0.68	0.8	120		
Broccoli 150 g	51	0.56	0.058	9.96	3.9	2.55	4.23	50	0	474
Biefstukpuntjes 250 g	235	3.75		0.75			50			
Kleine Krieltjes 250 g	200	0	0	45	7.5	2.5	5	3		
Total	910	49.11	3.658	56.43	11.4	5.73	60.03	173	0	474
Snacks/Other										
Cranberrysap 1 cup (8 fl oz)	137	0.25	0.023	34.21	0	30.03	0	5	0	
Cruelsli Volvezel 30 g	126	3.6	1.35	18.3	4.5	3.9	2.4	0.05		

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Siroop 4 tbsps	212	0.03	0.011	54.83	0.2	39.17	0	67	0	20
Olijfolie 7 tbsps	835	94.5	13.049	0	0	0	0	2	0	1
Magere Milde Kwark 500 g	270	0.5	0	24	0	0	44	0.2		
Festini Peer 2 x 1 ijsje, 100 g	100	1	1	24	1	20	1	0		
Sprite 200 ml	80	0		20.28		17.96	0			
Total	1760	99.88	15.433	175.62	5.7	111.06	47.4	74.25	0	21
Total	3663	187.81	41.521	334.06	21.1	205.91	169.17	250.25	0	801