

Tuesday, August 6, 2013

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Breakfast										
Versgeperst Sinaasappel-Kiwisap 250 ml	98	0	0	21.25	2.25	21.25	2	0		
Chilisaus 4 tsps	2	0.07	0.01	0.33	0.1	0.24	0.1	497	0	27
Omelet of Roerei 5 medium	442	32.26	9.421	5.21	0	5.29	30.74	1117	963	409
Volkoren Brood 2 regular slices	135	2.14	0.465	24.51	2.3	2.85	4.75	276	0	106
Total	677	34.47	9.896	51.3	4.65	29.63	37.59	1890	963	542
Lunch										
Volle Melk 5 x 200 ml	640	36	22	47		47	32	1		
Whey Perfection 325 ml	143	1.82		3.25			28.4			
Volle Melk 5 x 200 ml	640	36	22	47		47	32	1		
Biggetjes 100 g	335	0.2	0.2	78	0.5	74	5.5	100		
Cranberrysap 1 cup (8 fl oz)	137	0.25	0.023	34.21	0	30.03	0	5	0	
Whey Perfection 325 ml	143	1.82		3.25			28.4			
Total	2038	76.09	44.223	212.71	0.5	198.03	126.3	107	0	
Dinner										
Maltesers	249	12.15	7.5	30.85	0.5	26.7	4	0		

Tuesday, August 6, 2013

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
50 g										
Popcorn	194	2.27	0.318	38.89	7.2	0.44	6.47	4	0	164
50 g										
Maltesers	249	12.15	7.5	30.85	0.5	26.7	4	0		
50 g										
Total	692	26.57	15.318	100.59	8.2	53.84	14.47	4	0	164

Snacks/Other

Total	3407	137.13	69.437	364.6	13.35	281.5	178.36	2001	963	706
--------------	-------------	---------------	---------------	--------------	--------------	--------------	---------------	-------------	------------	------------