

## Saturday, January 11, 2014

|                                             | Calories<br>(kcal) | Fat<br>(g)   | Sat. Fat<br>(g) | Carbs<br>(g)  | Fiber<br>(g) | Sugar<br>(g) | Protein<br>(g) | Sodium<br>(mg) | Chol<br>(mg)  | Potassium<br>(mg) |
|---------------------------------------------|--------------------|--------------|-----------------|---------------|--------------|--------------|----------------|----------------|---------------|-------------------|
| <b>Breakfast</b>                            |                    |              |                 |               |              |              |                |                |               |                   |
| 3 servings Aldi Kipfilet Gegrild Naturel    | 42                 | 1.2          |                 | 0.6           |              | 0.6          | 7.5            | 0.42           |               |                   |
| 2 servings Aldi Tijgerbrood Volkoren        | 140                | 1            | 0.4             | 25.6          | 4.2          | 1.2          | 4.6            | 200            |               |                   |
| 1 serving Body & Fit Whey Perfection        | 113                | 1.4          | 0               | 2.5           | 0            | 0            | 22             | 0              | 0             | 0                 |
| 2 large Ei                                  | 147                | 9.94         | 3.099           | 0.77          | 0            | 0.77         | 12.58          | 140            | 423           | 134               |
| 1 serving Milsani Magere Melk               | 92                 | 0.8          | 0.5             | 12.5          |              | 12.5         | 8.8            |                | 0.13          |                   |
| 1 1/4 servings Ok€ Muesli                   | 432                | 5            |                 | 77.5          | 11.25        | 10           | 13.75          | 0              |               |                   |
| <b>Total Breakfast</b>                      | <b>966</b>         | <b>19.34</b> | <b>3.999</b>    | <b>119.47</b> | <b>15.45</b> | <b>25.07</b> | <b>69.23</b>   | <b>340.42</b>  | <b>423.13</b> | <b>134</b>        |
| <b>Lunch</b>                                |                    |              |                 |               |              |              |                |                |               |                   |
| 4 servings Aldi Gegrilde Kipfilet           | 56                 | 4            | 0.8             | 0.8           |              | 0.8          | 10             | 0.56           |               |                   |
| 3 servings Aldi Tijgerbrood Volkoren        | 210                | 1.5          | 0.6             | 38.4          | 6.3          | 1.8          | 6.9            | 300            |               |                   |
| 1 serving Body & Fit Whey Perfection        | 113                | 1.4          | 0               | 2.5           | 0            | 0            | 22             | 0              | 0             | 0                 |
| 2 1/2 servings Campina Halfvolle Melk       | 120                | 4            | 2.75            | 12            | 0            | 12           | 8.75           | 125            |               |                   |
| 1 serving Ok€ Muesli                        | 346                | 4            |                 | 62            | 9            | 8            | 11             | 0              |               |                   |
| <b>Total Lunch</b>                          | <b>845</b>         | <b>14.9</b>  | <b>4.15</b>     | <b>115.7</b>  | <b>15.3</b>  | <b>22.6</b>  | <b>58.65</b>   | <b>425.56</b>  | <b>0</b>      | <b>0</b>          |
| <b>Dinner</b>                               |                    |              |                 |               |              |              |                |                |               |                   |
| 1 serving AH Ijsbergsla                     | 15                 | 0.3          | 0               | 1.5           | 1            | 1.5          | 0.9            | 20             |               |                   |
| 1 serving Dr. Oetker Big American Texas     | 1207               | 56.9         | 27              | 128.4         | 9.2          | 8.4          | 44.8           | 3.29           |               |                   |
| 2 1/2 servings Konings Magere Naturel Kwark | 138                | 0.25         |                 | 12            |              |              | 22             |                |               |                   |
| 3 servings Natrena Stevia                   | 9                  | 0            | 0               | 2.4           | 0            | 0            | 0              | 0              |               |                   |
| <b>Total Dinner</b>                         | <b>1369</b>        | <b>57.45</b> | <b>27</b>       | <b>144.3</b>  | <b>10.2</b>  | <b>9.9</b>   | <b>67.7</b>    | <b>23.29</b>   |               |                   |

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|----------------------------------------------------------|--------------------|---------------|-----------------|---------------|--------------|--------------|----------------|----------------|---------------|-------------------|
| <b>Snacks/Other</b>                                      |                    |               |                 |               |              |              |                |                |               |                   |
| 1 middelgrote (7 cm diameter)<br>(ca. 3 per 450 g) Appel | 72                 | 0.23          | 0.039           | 19.06         | 3.3          | 14.34        | 0.36           | 1              | 0             | 148               |
| 1 rusk Beschuit                                          | 41                 | 0.72          | 0.138           | 7.23          |              |              | 1.35           | 25             | 8             | 24                |
| 0.1 serving Campina Halfvolle<br>Melk                    | 5                  | 0.16          | 0.11            | 0.48          | 0            | 0.48         | 0.35           | 5              |               |                   |
| 1 serving Helaes Pindakaas                               | 98                 | 8.4           | 1.5             | 1.8           | 1            | 0.5          | 3.3            | 0              |               |                   |
| 4 kops (240 ml) Koffie<br>(Gemalen)                      | 9                  | 0.19          | 0.019           | 0             | 0            | 0            | 1.14           | 19             | 0             | 465               |
| <b>Total Snacks/Other</b>                                | <b>225</b>         | <b>9.7</b>    | <b>1.806</b>    | <b>28.57</b>  | <b>4.3</b>   | <b>15.32</b> | <b>6.5</b>     | <b>50</b>      | <b>8</b>      | <b>637</b>        |
| <b>Total</b>                                             | <b>3405</b>        | <b>101.39</b> | <b>36.955</b>   | <b>408.04</b> | <b>45.25</b> | <b>72.89</b> | <b>202.08</b>  | <b>839.27</b>  | <b>431.13</b> | <b>771</b>        |