

Monday, June 16, 2014

	Calories (kcal)	Fat (g)	Sat. Fat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)	Sodium (mg)	Chol (mg)	Potassium (mg)
Breakfast										
5 servings Body & Fit Ultra Fine Oats	520	9		94.5	15		22.5			
0.2 serving Body & Fit Whey Isolaat	73	0.1		0.08			18.2			
0.2 serving Body & Fit Whey Isolaat	73	0.1		0.08			18.2			
3 medium Ei	194	13.12	4.091	1.02	0	1.02	16.61	185	558	177
2 servings (354g) Koffie	4	0.07	0.007	0.14	0	0	0.42	7	0	166
1 serving NOW Omega-3	20	2	0.5	0	0	0	0	0	0	
2 g Uien	1	0	0.001	0.2	0	0.09	0.02	0	0	3
1 vleugje Zwarte Peper	0	0	0.001	0.06	0	0	0.01	0	0	1
Total Breakfast	885	24.39	4.6	96.08	15	1.11	75.96	192	558	347
Lunch										
3 medium Ei	194	13.12	4.091	1.02	0	1.02	16.61	185	558	177
1.133 servings Hela Curry	23	0.11	0	5.33		4.99	0.11	22.66		
3/4 serving Lassie Toverrijst	252	0	0	55.35	3.15	0	6	7.5		
1 1/2 servings Ocean Steamer Tonijn in Water	166	1.5	0.45	0.15	0.15	0.15	38.25	510		
13 g Olijfolie	115	13	1.795	0	0	0	0	0	0	0
2 g Uien	1	0	0.001	0.2	0	0.09	0.02	0	0	3
1 dash Zwarte Peper	0	0	0.001	0.06	0	0	0.01	0	0	1
Total Lunch	751	27.73	6.338	62.11	3.3	6.25	61	725.16	558	181
Dinner										
200 g Aardappelen (zonder Schil, met Zout, Gekookt)	174	0.2	0.052	40.26	4	1.74	3.74	480	0	758
1 serving AH Ijsbergsla	15	0.3	0	1.5	1	1.5	0.9	20		
0.8 serving AH Verse Worst	228	20	8	1.2	0.24	0.24	12	408		

Monday, June 16, 2014

	Calories (kcal)	Fat (g)	Sat. Fat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)	Sodium (mg)	Chol (mg)	Potassium (mg)
2 1/4 servings Konings Magere Naturel Kwark	124	0.22		10.8			19.8			
100 g Sperziebonen	31	0.12	0.026	7.13	3.4	1.4	1.82	6	0	209
Total Dinner	572	20.84	8.078	60.89	8.64	4.88	38.26	914	0	967
Snacks/Other										
0.37 serving Body & Fit Whey Isolaat	135	0.18		0.15			33.67			
0.714 serving Body & Fit Whey Perfection	79	1	0.29	1.78	0.14	1.71	15.64	0.03		
2 coffees cup (6 fl oz) Koffie	4	0.07	0.007	0.14	0	0	0.42	7	0	166
1 serving Mucci Cookie Dough	219	12	7.7	24.3	0.3	20.6	3	70		
Total Snacks/Other	437	13.25	7.997	26.37	0.44	22.31	52.73	77.03	0	166
Total	2645	86.21	27.013	245.45	27.38	34.55	227.95	1908.19	1116	1661