

Tuesday, June 17, 2014

	Calories (kcal)	Fat (g)	Sat. Fat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)	Sodium (mg)	Chol (mg)	Potassium (mg)
Breakfast										
1.85 porties Albona 7 Granen Energie Ontbijt	651	3.88	0.74	118.77	24.79	1.66	22.94	22.2		
0.3 serving Body & Fit Whey Isolaat	109	0.15		0.12			27.3			
2 porties (177 g) 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	
Total Breakfast	784	6.1	1.247	119.03	24.79	1.66	50.66	29.2	0	166
Lunch										
119 g Geroosterde of Gebakken Kipfilet	232	9.19	2.584	0	0	0	35.16	468	99	289
1 g Knoflookpoeder	3	0.01	0.001	0.73	0.1	0.24	0.17	0	0	11
3/4 serving Lassie Toverrijst	252	0	0	55.35	3.15	0	6	7.5		
14 g Olijfolie	124	14	1.933	0	0	0	0	0	0	0
1 g Paprikapoeder	3	0.13	0.021	0.56	0.4	0.1	0.15	0	0	
1/2 middelgrote (ca. 7 cm lang, 6,5 cm diameter) Rode Paprika	15	0.18	0.035	3.59	1.2	2.5	0.59	1	0	126
1 serving Saladinettes Soepgroenten	22	0.4	0.06	2.9	2.7	2.1	1.6	10		
0.15 portie Vitasia Sweet Chili Saus	24	0.09	0.02	5.91	0.12	5.73	0.09	0.2		
Total Lunch	675	24	4.654	69.04	7.67	10.67	43.76	486.7	99	426
Dinner										
1 serving (254g) Chili Con Carne met Bonen	264	10.82	3.99	22	6.9	6.38	20.52	1275	53	693
1 serving (180g) Gebakken Aardappelen	248	12.91	6.367	30.19	2	2.3	3.94	432	20	576
2 1/4 servings Konings Magere Naturel Kwark	124	0.22		10.8			19.8			

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0.6 serving Melkunie Karamel Vla	55	1.8	1.2	9		6	1.2			
Total Dinner	691	25.75	11.557	71.99	8.9	14.68	45.46	1707	73	1269
Snacks/Other										
1 serving AH Soepgroente	20	0.3	0	3	3	2.5	1.5	0		
100 g Bloemkool	25	0.1	0.032	5.3	2.5	2.4	1.98	30	0	303
0.28 portie Body & Fit Whey Isolaat	102	0.14		0.11			25.48			
3 middelgrotes Ei	194	13.12	4.091	1.02	0	1.02	16.61	185	558	177
2 koffies kopje (180 ml) Koffie	4	0.07	0.007	0.14	0	0	0.42	7	0	166
1 g Uien	0	0	0	0.1	0	0.04	0.01	0	0	1
1 vleugje Zwarte Peper	0	0	0.001	0.06	0	0	0.01	0	0	1
Total Snacks/Other	345	13.73	4.131	9.73	5.5	5.96	46.01	222	558	648
Total	2495	69.58	21.589	269.79	46.86	32.97	185.89	2444.9	730	2509