

Sunday, December 29, 2013

	Calories (kcal)	Fat (g)	Sat. Fat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)	Sodium (mg)	Chol (mg)	Potassium (mg)
Breakfast										
1 large (8" to 8-7/8" long) Banaan	121	0.45	0.152	31.06	3.5	16.63	1.48	1	0	487
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
2 servings Inex Verse Halfvolle Melk	90	3.1		9.4			6.2			
2 kops (240 ml) Koffie (Gemalen)	5	0.09	0.009	0	0	0	0.57	9	0	232
1.01 servings Quaker Havermout	360	8.08	1.52	60.6	9.09	1.11	11.11			
Total Breakfast	836	23.06	4.78	104.33	12.59	18.51	53.94	150	423	853
Lunch										
6 servings Aldi Kipfilet Gegrild Tuinkruiden	86	6	0	1.2	0	0	15	840		
6 porties Aldi Tijgerbrood Volkoren	420	3	1.2	76.8	12.6	3.6	13.8	600		
2 servings Helaes Pindakaas	196	16.8	3	3.6	2	1	6.6	0		
Total Lunch	702	25.8	4.2	81.6	14.6	4.6	35.4	1440		
Dinner										
2 servings Conimex Pinda Satesaus	80	2		10			2			
4 servings (280g) Gefrituurde Frieten (uit de Diepvries)	893	47.68	11.295	105.08	9.8	1.9	10.53	540	0	1548
1 1/4 servings Mora Kipsate in Milde Pindasaus	238	12.5		13.75			16.25			
3 eetl.s , gehakt Uien	13	0.02	0.008	3.03	0.4	1.28	0.28	1	0	43
Total Dinner	1224	62.2	11.303	131.86	10.2	3.18	29.06	541	0	1591

Sunday, December 29, 2013

	Calories (kcal)	Fat (g)	Sat. Fat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)	Sodium (mg)	Chol (mg)	Potassium (mg)
Snacks/Other										
1 serving Body & Fit Whey Perfection	113	1.4	0	2.5	0	0	22	0	0	0
2 servings Inex Verse Halfvolle Melk	90	3.1		9.4			6.2			
2 1/2 servings Konings Magere Naturel Kwark	138	0.25		12			22			
1 serving Melkunie Karamel Via	92	3	2	15		10	2			
Total Snacks/Other	433	7.75	2	38.9	0	10	52.2	0	0	0
Total	3195	118.81	22.283	356.69	37.39	36.29	170.6	2131	423	2444