

| <b>Maaltijd 1<br/>(09.30)</b> | <b>Hoeveelheid</b> | <b>Kcal</b> | <b>Eiwitten</b> | <b>Vetten</b> | <b>Koolhy</b> |
|-------------------------------|--------------------|-------------|-----------------|---------------|---------------|
| <b>Magere melk</b>            | <b>400ml</b>       | <b>132</b>  | <b>13</b>       | <b>0</b>      | <b>20</b>     |
| <b>Whey proteïne</b>          | <b>45g</b>         | <b>177</b>  | <b>37</b>       | <b>3</b>      | <b>3</b>      |
| <b>Brinta</b>                 | <b>75g</b>         | <b>275</b>  | <b>9</b>        | <b>2</b>      | <b>56</b>     |
|                               |                    | <b>584</b>  | <b>59</b>       | <b>5</b>      | <b>79</b>     |

| <b>Maaltijd 2<br/>(12.00)</b>  | <b>Hoeveelheid</b> | <b>Kcal</b> | <b>Eiwitten</b> | <b>Vetten</b> | <b>Koolhy</b> |
|--------------------------------|--------------------|-------------|-----------------|---------------|---------------|
| <b>Spaghetti ,<br/>Rijst</b>   | <b>75g</b>         | <b>260</b>  | <b>9</b>        | <b>1</b>      | <b>53</b>     |
| <b>Tonijn in<br/>eigen nat</b> | <b>150g</b>        | <b>169</b>  | <b>41</b>       | <b>1</b>      | <b>0</b>      |
| <b>Paprika</b>                 | <b>100g</b>        | <b>48</b>   | <b>2</b>        | <b>0</b>      | <b>10</b>     |
|                                |                    | <b>477</b>  | <b>52</b>       | <b>2</b>      | <b>63</b>     |

| <b>Maaltijd 3<br/>(14.30)</b> | <b>Hoeveelheid</b> | <b>Kcal</b> | <b>Eiwitten</b> | <b>Vetten</b> | <b>Koolhy</b> |
|-------------------------------|--------------------|-------------|-----------------|---------------|---------------|
| <b>Mass tadon</b>             | <b>148g</b>        | <b>580</b>  | <b>50</b>       | <b>12</b>     | <b>73</b>     |
|                               |                    | <b>580</b>  | <b>50</b>       | <b>12</b>     | <b>73</b>     |

| <b>Maaltijd 4<br/>(17.00)</b>          | <b>Hoeveelheid</b> | <b>Kcal</b> | <b>Eiwitten</b> | <b>Vetten</b> | <b>Koolhy</b> |
|----------------------------------------|--------------------|-------------|-----------------|---------------|---------------|
| <b>Brood<br/>volkoren</b>              | <b>130g</b>        | <b>270</b>  | <b>7</b>        | <b>4</b>      | <b>52</b>     |
| <b>Kippenbeleg ,<br/>filet de sacs</b> | <b>75g</b>         | <b>116</b>  | <b>12</b>       | <b>8</b>      | <b>0</b>      |
| <b>Pindakaas</b>                       | <b>45g</b>         | <b>300</b>  | <b>9</b>        | <b>27</b>     | <b>5</b>      |
|                                        |                    | <b>686</b>  | <b>28</b>       | <b>39</b>     | <b>57</b>     |

| <b>Maaltijd 5<br/>(19.15)</b>  | <b>Hoeveelheid</b> | <b>Kcal</b> | <b>Eiwitten</b> | <b>Vetten</b> | <b>Koolhy</b> |
|--------------------------------|--------------------|-------------|-----------------|---------------|---------------|
| <b>Aardappelen</b>             | <b>100g</b>        | <b>86</b>   | <b>3</b>        | <b>0</b>      | <b>19</b>     |
| <b>Vlees<br/>(meestal kip)</b> | <b>150g</b>        | <b>280</b>  | <b>51</b>       | <b>7</b>      | <b>1</b>      |
| <b>Afgekookte<br/>groenten</b> | <b>200g</b>        | <b>40</b>   | <b>4</b>        | <b>0</b>      | <b>6</b>      |
|                                |                    | <b>406</b>  | <b>58</b>       | <b>7</b>      | <b>26</b>     |

| <b>Maaltijd 6<br/>(22.00)</b> | <b>Hoeveelheid</b> | <b>Kcal</b> | <b>Eiwitten</b> | <b>Vetten</b> | <b>Koolhy</b> |
|-------------------------------|--------------------|-------------|-----------------|---------------|---------------|
| <b>Kwark</b>                  | <b>250g</b>        | <b>140</b>  | <b>25</b>       | <b>0</b>      | <b>8</b>      |
| <b>Peer ,..</b>               | <b>50g</b>         | <b>25</b>   | <b>1</b>        | <b>0</b>      | <b>6</b>      |
|                               |                    | <b>165</b>  | <b>26</b>       | <b>0</b>      | <b>14</b>     |

|                |                 |               |               |
|----------------|-----------------|---------------|---------------|
| <b>Totaal:</b> |                 |               |               |
| <b>Kcal</b>    | <b>Eiwitten</b> | <b>Vetten</b> | <b>Koolhy</b> |
| <b>2898</b>    | <b>273</b>      | <b>65</b>     | <b>312</b>    |