

| Tijd                | Product           | Hoeveelheid                    | Eenheid | kcal        | Eiwitten | Kcal   | Vet    |
|---------------------|-------------------|--------------------------------|---------|-------------|----------|--------|--------|
| 7:00                | Chocolademelk     | 75<br>(1 glas)                 | gr      | 63          | 3        | 10     | 1      |
|                     | Whey              | 30                             | gr      | 78          | 24       | 3      | 0      |
| 9:30                | Brood (gemiddeld) | 200<br>(4 sneden)              | gr      | 480         | 17       | 83     | 5      |
|                     | Kalkoen<br>Soep   | 60<br>100gr<br>(2 tassen)      | gr      | 51<br>30    | 11<br>2  | 0<br>5 | 1<br>1 |
| 12:00               | Warme Maaltijd    | 1                              |         | 500         | 30       | 20     | 4      |
|                     | Appel             | Gemiddelde<br>100<br>( 1appel) | gr      | 52          | 0        | 14     | 0      |
| 15:00               | Appel             | 200<br>(2 appel)               | gr      | 104         | 1        | 28     | 0      |
|                     | Sinaasappel       | 100<br>( 1 sinaasapel)         | gr      | 47          | 1        | 12     | 0      |
| 17:00               | Zonnebloemolie    | 30                             | gr      | 265         | 0        | 0      | 30     |
| Voor de<br>Training | banaan            | 140<br>( 1 banana)             | gr      | 125         | 2        | 32     | 0      |
| 19:00               | Walnoten          | 30                             | gr      | 196         | 5        | 4      | 20     |
| 20:00               | Kwark (mager)     | 500                            | gr      | 320         | 65       | 15     | 0      |
| Totaal kcal         |                   |                                |         | 2311        |          |        |        |
| Protein             |                   |                                |         | 638 gr      |          |        |        |
| Carbs               |                   |                                |         | 937 gr      |          |        |        |
| Fat                 |                   |                                |         | 557 gr      |          |        |        |
| e/k/v verhouding    |                   |                                |         | 30% 44% 26% |          |        |        |