| Maaltijd | | | Eiwit | Koolhydraten | Vet | Kcal |
|---|---|---|---|---|---|---|
| 8.00 | 0,4 Liter | Halfvolle melk | 17.50 | 28.00 | 11.00 | |
| | 40 gram | Brinta | 4.00 | 26.00 | 1.00 | |
| | 28 gram | Whey | 22.00 | 2.50 | 1.40 | |
| | | | | | | |
| | | | | | | |
| 10.30 | | | | | | |
| | 50 gram | Muesli | 5.00 | 33.00 | 3.00 | |
| | 100 gram | Kipfilet | 21.00 | 0.00 | 3.00 | |
| | 150g | Magere Yoghurt | 6.00 | 6.00 | 0.00 | |
| | | | | | | |
| 13:00:00 | 150g | Basmati | 5.00 | 39.00 | 2.00 | |
| | 100 gram | Tonijn op water | 26.00 | 0.00 | 1.00 | |
| | | | | | | |
| | | | | | | |
| 15:00:00 | | | | | | |
| | 2 stuks | Eieren | 12.00 | 2.00 | 10.00 | |
| | Appel | Appel | 0.00 | 14.00 | 0.00 | |
| | | | | | | |
| | | | | | | |
| 16.00 | 2 | Eieren | 12.00 | 2.00 | 10.00 | |
| | 50 gram | Muesli | 5.00 | 33.00 | 3.00 | |
| | 150g | Magere Yoghurt | 6.00 | 6.00 | 0.00 | |
| | | | | | | |
| 18.30 | 100 gram | aardappel | 2.00 | 18.00 | 0.00 | |
| | 100 gram | Broccoli | 4.00 | 1.00 | 0.00 | |
| | 100 gram | VarkensKarbonade | 28.00 | 1.00 | 11.00 | |
| | | | | | | |
| | | | | | | |
| wo | 40 gram | Whey | 31.50 | 3.60 | 2.00 | |
| | 300ml | water | 0.00 | 0.00 | 0.00 | |
| | | | | | 0.00 | |
| | | | | | | |
| PWO | 250 gram | Franse Magere Kwark | 25.00 | 10.00 | 5.00 | |
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|---|---|---|---|---|---|---|---|
| | | | 232.00 | 225.10 | 63.40 | 2399.00 | |
| | | | 38.68 | 39.41 | 23.78 | | |
| | | | | | | | |
| | | | | | | | |
| | | | | | | | |
| | | | | | | | |
| 1 gram eiwit = 4 kcal | | | | | | | |
| 1 gram Kh = 4 kcal | | | | | | | |
| 1 gram vet = 9 kcal | | | | | | | |