

Wednesday, September 19, 2012

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potas (mg)
Breakfast										
Melk (Halfvol) 1,000 ml	433	10	6.528	51.46	0	53.63	34.76	454	52	
Yoghurt (Vol) 1 cup (8 fl oz)	149	7.96	5.135	11.42	0	11.42	8.5	113	32	380
Whey Perfection 1 portie, 28 g	110	1.4		2.5			21.85			
Muesli 50 g	176	2.4		29.35			6.35			
Total	868	21.76	11.663	94.73	0	65.05	71.46	567	84	380
Lunch										
Gekookt Ei 2 large	154	10.57	3.254	1.12	0	1.12	12.53	278	422	126
Pindakaas 2 x 1 snee brood, 40 g	268	23.2	3.6	3.6	2	1	10	10		
Tonijn in Water (uit Blik) 1 1/2 cans (6.5 oz), drained	291	2.05	0.586	0	0	0	63.9	847	75	594
Meergranenbrood 8 regular slices	522	7.9	1.679	96.51	13.3	20.9	20.8	1013	0	424
Total	1235	43.72	9.119	101.23	15.3	23.02	107.23	2148	497	1144
Dinner										
Kip Tandoori 1 portie	700	29	11	76	4	8	32	87		
Snacks/Other										
Water 3,000 ml	0	0	0	0	0	0	0	60	0	

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Pinda's 50 g	284	24.62	3.417	8.06	4.2	1.98	12.9	9	0	352
Magere Franse Kwark 500 g	275	1.5	1	20		20	45	0.2		
Whey Perfection 1 portie, 28 g	110	1.4		2.5			21.85			
Total	669	27.52	4.417	30.56	4.2	21.98	79.75	69.2	0	352
Total	3472	122	36.199	302.52	23.5	118.05	290.44	2871.2	581	1876