

Friday, July 12, 2013

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potas (mg)
Breakfast										
Knusperkeks 100 g	549	33		56			6			
Brinta 1/2 x 100 g, 50 g	162	1.05	0.25	32.5	5.25	2	5.5	0.1		
Whey Perfection 300 ml	132	1.68		3			26.22			
Vers Geperst Sinaasappelsap 1 cup	112	0.5	0.06	25.79	0.5	20.83	1.74	2	0	496
Melk (Vol) 1/2 quart	293	15.86	9.101	22.06	0	25.67	15.71	195	49	698
Total	1248	52.09	9.411	139.35	5.75	48.5	55.17	197.1	49	1194
Lunch										
Whey Perfection 300 ml	132	1.68		3			26.22			
Melk (Vol) 1/2 quart	293	15.86	9.101	22.06	0	25.67	15.71	195	49	698
Big American Chicken Bbq 378 g	883	30.26	15.56	117.81			8.24			
Total	1308	47.8	24.661	142.87	0	25.67	50.17	195	49	698
Dinner										
Ice Cream 3/4 x 1 bar, 38 ml	104	5.62	3.75	11.85	0.3	9.22	1.28	0.03		
Volkoren Brood 3 regular slices	202	3.21	0.698	36.77	3.4	4.28	7.12	413	0	159
Pindakaas met Stukjes Noot 54 g	360	28.8	3.6	7.2		3.6	10.8	0.14		

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Total	666	37.63	8.048	55.82	3.7	17.1	19.2	413.17	0	159
Snacks/Other										
Olijfolie 3 tbsps	358	40.5	5.592	0	0	0	0	1	0	0
Volle Kwark 450 g	630	45	29.25	18		18	38.25	0.18		
Harde Snoepjes 8 pieces	189	0.1	0	47.04	0	30.19	0	18	0	2
Total	1177	85.6	34.842	65.04	0	48.19	38.25	19.18	0	2
Total	4399	223.12	76.962	403.08	9.45	139.46	162.79	824.45	98	2053