

Saturday, July 13, 2013

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potas (mg)
Breakfast										
Brinta 60 g	195	1.26	0.3	39	6.3	2.4	6.6	0.12		
Banaan 1 medium (7" to 7-7/8" long)	105	0.39	0.132	26.95	3.1	14.43	1.29	1	0	422
Chocoladepasta Puur 75 g	431	29.25	6.38	39	2.62	38.25	1.88	0.05		
Whey Perfection 325 ml	143	1.82		3.25			28.4			
Volle Melk 5 x mok , 500 ml	325	17.5	12.5	22.5		22.5	17.5	0.25		
Vers Geperst Sinaasappelsap 1 cup	112	0.5	0.06	25.79	0.5	20.83	1.74	2	0	496
Total	1311	50.72	19.372	156.49	12.52	98.41	57.41	3.42	0	918
Lunch										
Suikerkoekje 1.3 servings (32 g per serve)	198	8.99	2.817	27.29	0.4	11.1	2.27	173	23	43
Brinta 1/2 x 100 g, 50 g	162	1.05	0.25	32.5	5.25	2	5.5	0.1		
Whey Perfection 325 ml	143	1.82		3.25			28.4			
Melk (Vol) 1/2 quart	293	15.86	9.101	22.06	0	25.67	15.71	195	49	698
Pizza Hawaii 268 g	622	24.32	7.68	72.96		13.36	24.32			
Boterkoekpunten 2 x 1 (60gr)	522	24.2	15.8	70.4	1.2	35	5.2	0.2		

Saturday, July 13, 2013

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potas (mg)
Banaan 1 medium (7" to 7-7/8" long)	105	0.39	0.132	26.95	3.1	14.43	1.29	1	0	422
Total	2045	76.63	35.78	255.41	9.95	101.56	82.69	369.3	72	1163
Dinner										
Whey Perfection 325 ml	143	1.82		3.25			28.4			
Whey Perfection 325 ml	143	1.82		3.25			28.4			
Patatje Joppie 6 x 1 portie, 150 g	828	49.8		84			9.6			
Total	1114	53.44		90.5			66.4			
Snacks/Other										
Total	4470	180.79	55.152	502.4	22.47	199.97	206.5	372.72	72	2081