

Wednesday, August 7, 2013

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potas (mg)
Breakfast										
Druivensuiker 40 g	146	0.4	0.4	36.4	0	32.8	0	0		
Whey Perfection 350 ml	154	1.96		3.5			30.59			
Total	300	2.36	0.4	39.9	0	32.8	30.59	0		
Lunch										
Komkommer (met Schil) 1/2 cucumber (8-1/4")	23	0.17	0.051	5.46	0.8	2.51	0.98	3	0	221
Festini Peer 2 x 1 ijsje, 100 g	100	1	1	24	1	20	1	0		
Lasagne Bolognese 160 g	942	43.52		86.4			48			
Volle Melk 5 x 200 ml	640	36	22	47		47	32	1		
Total	1705	80.69	23.051	162.86	1.8	69.51	81.98	4	0	221
Dinner										
Volle Melk 2 x 200 ml	256	14.4	8.8	18.8		18.8	12.8	0.4		
Siroop 4 tbsps	212	0.03	0.011	54.83	0.2	39.17	0	67	0	20
Olijfolie 7 tbsps	835	94.5	13.049	0	0	0	0	2	0	1
Magere Milde Kwark 500 g	270	0.5	0	24	0	0	44	0.2		
Total	1573	109.43	21.86	97.63	0.2	57.97	56.8	69.6	0	21

Wednesday, August 7, 2013

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potas (mg)
--	----------------	------------	------------	--------------	--------------	--------------	-------------	-------------	--------------	---------------

Snacks/Other

Total	3578	192.48	45.311	300.39	2	160.28	169.37	73.6	0	242
-------	------	--------	--------	--------	---	--------	--------	------	---	-----