

Saturday, August 10, 2013

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potas (mg)
Breakfast										
Havermout 50 g	180	3.5		28.5	3.35		6.25	2.5		
Whey Perfection 325 ml	143	1.82		3.25			28.4			
Krakelingen 70 g	266	1.84	0.351	55.83	2.1	1.93	7.24	950	0	102
Total	589	7.16	0.351	87.58	5.45	1.93	41.89	952.5	0	102
Lunch										
Bananen 1 medium (7" to 7-7/8" long)	105	0.39	0.132	26.95	3.1	14.43	1.29	1	0	422
Whey Perfection 350 ml	154	1.96		3.5			30.59			
Total	259	2.35	0.132	30.45	3.1	14.43	31.88	1	0	422
Dinner										
Kleine Krieltjes 350 g	280	0	0	63	10.5	3.5	7	4.2		
Mayonaise 5 x 1 portie, 75 ml	530	56	4.5	0.9	0	0.85	1	150		
Kogelbiefstuk 130 g	143	2.6	0.91	0		0	29.9			
Total	953	58.6	5.41	63.9	10.5	4.35	37.9	154.2		
Snacks/Other										
Volle Melk 5 x 200 ml	640	36	22	47		47	32	1		

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Whey Perfection 28 gram, 250 ml	110	1.4		2.5			21.85			
Festini Peer 1 ijsje, 50 g	50	0.5	0.5	12	0.5	10	0.5	0		
Ice Cream 31 ml	83	4.5	3	9.48	0.24	7.38	1.02	0.02		
Snickers Ice Cream 1 reep, 53 ml	180	10.5	5.5	17.8	0.5	13.4	3.4	0.05		
Volle Melk 5 x 200 ml	640	36	22	47		47	32	1		
Total	1703	88.9	53	135.78	1.24	124.78	90.77	2.07		
Total	3504	157.01	58.893	317.71	20.29	145.49	202.44	1109.77	0	524