

Tuesday, August 13, 2013

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potas (mg)
Breakfast										
Ice Macchiato 230 ml	196	8.05	4.6	23	0	20.7	6.9	92		
Festini Peer 1 ijsje, 50 g	50	0.5	0.5	12	0.5	10	0.5	0		
Whey Perfection 350 ml	154	1.96		3.5			30.59			
Total	400	10.51	5.1	38.5	0.5	30.7	37.99	92		
Lunch										
Wokkels Paprika 3 x 1 zakje, 60 g	276	11.4	0.9	39	2.4	1.2	2.4	0.51		
Chocolademousse 180 g	319	11.34		44.64			9.54			
Whey Perfection 350 ml	154	1.96		3.5			30.59			
Total	749	24.7	0.9	87.14	2.4	1.2	42.53	0.51		
Dinner										
Volle Melk 5 x 200 ml	640	36	22	47		47	32	1		
Zwarte Olijven zonder Pit 165 g	297	28.05	4.12	9.08	7.42	0	3.3	1.45		
Total	937	64.05	26.12	56.08	7.42	47	35.3	2.45		
Snacks/Other										
Siroop 4 tbsps	212	0.03	0.011	54.83	0.2	39.17	0	67	0	20

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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	1317	95.03	13.06	78.83	0.2	39.17	44	69.2	0	21
Total	3403	194.29	45.18	260.55	10.52	118.07	159.82	164.16	0	21