

Monday, August 19, 2013

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potas (mg)
Breakfast										
Gebroken Tarwe Brood 1 slice regular	65	0.98	0.229	12.38	1.4		2.18	134	0	44
Boter 10 g	72	8.11	5.137	0.01	0	0.01	0.08	1	22	2
Gesneden Ham 1 slice (4-1/4" sq) (0.75 oz)	34	1.76	0.567	0.48	0	0	3.83	268	11	62
Gebroken Tarwe Brood 1 slice regular	65	0.98	0.229	12.38	1.4		2.18	134	0	44
Boter 10 g	72	8.11	5.137	0.01	0	0.01	0.08	1	22	2
Gesneden Ham 1 slice (4-1/4" sq) (0.75 oz)	34	1.76	0.567	0.48	0	0	3.83	268	11	62
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Boter 10 g	72	8.11	5.137	0.01	0	0.01	0.08	1	22	2
Gesneden Ham 1 slice (4-1/4" sq) (0.75 oz)	34	1.76	0.567	0.48	0	0	3.83	268	11	62
Havermout 100g, 100 g	356	8	1.5	60	9	1.1	11			
Melk (Halfvol) 400 g	168	3.88	2.532	19.96	0	20.8	13.48	176	20	
Olijfolie 20 g	177	20	2.762	0	0	0	0	0	0	0
Suiker 20 g	77	0	0	20	0	19.98	0	0	0	0
Total	1291	64.43	24.593	138.57	13.2	41.91	42.75	1385	119	324

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Lunch										
C1000 Halfvolle Melk 1,000 g	480	15	11	46		46	36	1		
Go Tan Chilisaus 30 g	65	0.03		16.2	0.3	14.94	0.03	0.2		
Princes Tonijnmoot in Water 130 g	136	0.65		0	0		32.5			
De Zaanse Hoeve Halfvolle Melk 400 ml	192	6	4	20	0	20	14	0.2		
Gebroken Tarwe Brood 2 slices regular	130	1.95	0.458	24.75	2.8		4.35	269	0	88
Boter 2 pats (1" sq, 1/3" high)	72	8.11	5.137	0.01	0	0.01	0.08	1	22	2
Gesneden Ham 2 slices (4-1/4" sq) (0.75 oz)	68	3.52	1.134	0.96	0	0	7.67	537	22	125
Total	1143	35.26	21.729	107.92	3.1	80.95	94.63	808.4	44	215
Dinner										
Aardappelen (zonder Schil, met Zout, ... 180 g	157	0.18	0.047	36.23	3.6	1.57	3.37	432	0	682
Bereide Gemengde Groenten (Mais, Lima ... 1 cup	151	3.96	0.748	23.82	8	5.72	5.2	466	0	307
Rundergehakt 1 serving (85 g)	235	15.79	6.113	0	0	0	21.55	340	75	244
Total	543	19.93	6.908	60.05	11.6	7.29	30.12	1238	75	1233
Snacks/Other										
Vruchtenmix 25 ml	71	0		17.5			0.18			

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Magere Kwark 500 g	310	1	0.5	30	0	30	45	0.2		
Vruchtenmix 25 ml	71	0		17.5			0.18			
Magere Kwark 500 g	310	1	0.5	30	0	30	45	0.2		
Total	762	2	1	95	0	60	90.36	0.4		
Total	3739	121.62	54.23	401.54	27.9	190.15	257.86	3431.8	238	1772