

Monday, March 17, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potas (mg)
Breakfast										
Milner Jonge Kaas 30+ 30 g	82	5.4	3.6	0	0	0	8.4	210		
Rosbief 2 thin slices (approx 4-1/2" x 2-1/2" x 1/8")	112	7.27	2.862	0	0	0	10.88	91	32	123
Eiwitshake 1/2 cup	129	0.18	0.02	12.01	2.1	7.77	22.59	352	0	
Bruine Boterham 3 regular slices	207	3.53	0.77	38.72	5.8	4.68	8.15	443	0	
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	635	16.77	7.384	77.68	11	26.88	51.31	1097	32	545
Lunch										
Kips' Filet Americain 50 g	134	11	1.9	1.55	0.15	1	7	435		
Leverpastei (uit Blik) 2 tbsps	83	7.28	2.488	0.39	0		3.69	181	66	36
Gekookt Ei 2 medium	136	9.3	2.864	0.99	0	0.99	11.03	245	371	111
Aldi Multivitamine 250 ml	62	0.25	0.25	13.75	0.25	13.25	0.5	0.05		
Bruine Boterham 2 regular slices	138	2.35	0.514	25.82	3.9	3.12	5.43	295	0	
Total	553	30.18	8.016	42.5	4.3	18.36	27.65	1156.05	437	147
Dinner										
Karvan Cevitam Grenadine 1 glas, 200 ml	77	0	0	19	0.1	19	0.1	0		

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Sperziebonen 150 g	46	0.18	0.039	10.7	5.1	2.1	2.73	9	0	314
AH Kipfiletblokjes 180 g	198	3.6	0.9	0	0	0	41.4	0.09		
Total	321	3.78	0.939	29.7	5.2	21.1	44.23	9.09	0	314
Snacks/Other										
AH Magere Franse Kwark 440 g	242	1.32	0.88	17.6	0	17.6	39.6	0.18		
Eiwitshake 1/2 cup	129	0.18	0.02	12.01	2.1	7.77	22.59	352	0	
Total	371	1.5	0.9	29.61	2.1	25.37	62.19	352.18	0	
Total	1880	52.23	17.239	179.49	22.6	91.71	185.38	2614.32	469	1006