

Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast	586	13.18	69.83	39.55
Lunch	403	12	45.66	27.02
Dinner	473	19.13	34.28	38.06
Snacks/Other	464	9.08	63.21	35.03
Total	1925	53.4	212.98	139.66

Saturday, February 1, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potas (mg)
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Breakfast**Lunch****Dinner**

Kipfilet (Gekookt, Gebakken) 100 g	187	4.71	1.29	0.51	0	0	33.44	79	91	276
Kaas Pizza (36 cm, Dunne Korst) 1 slice	192	9.88	4.367	16.72	1.3	1.94	8.93	366	22	110
Total	379	14.59	5.657	17.23	1.3	1.94	42.37	445	113	386

Snacks/Other

Total	379	14.59	5.657	17.23	1.3	1.94	42.37	445	113	386
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Sunday, February 2, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potas (mg)
Breakfast										
LU Time Out Robuuste Koeken 2 x 1 koekje, 46 g	230	12.2	6.4	28	1.32	17.2	2	0.2		
Heineken Bier 7 x 1 flesje, 2100 ml	840	0		63			10.5			
Total	1070	12.2	6.4	91	1.32	17.2	12.5	0.2		
Lunch										
Dinner										
Coca-Cola Coca-Cola Light 2 x 1 glas, 500 ml	1	0		0			0			
Kaasfondue 2 cups	985	57.92	37.5	16.21	0		61.19	568	194	452
Total	986	57.92	37.5	16.21	0		61.19	568	194	452
Snacks/Other										
Hema Chocoladetaart 80 g	216	10.4	7.2	27.2	0.8	20.8	3.2	136		
Total	2272	80.52	51.1	134.41	2.12	38	76.89	704.2	194	452

Monday, February 3, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potas (mg)
Breakfast										
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
Appelsap 1 cup	117	0.27	0.047	28.97	0.2	27.03	0.15	7	0	295
Kipfilet (Gekookt, Gebakken) 100 g	187	4.71	1.29	0.51	0	0	33.44	79	91	276
Hero Delight Aardbeien Jam 50 g	62	0.1	0	14.35	0.35	13.7	0.2	0.1		
Calvé Pindakaas met Stukjes Noot 1 boterham, 15 g	100	8.5	1.5	2.5		1	3	40		
Bruine Boterham 2 regular slices	138	2.35	0.514	25.82	3.9	3.12	5.43	295	0	
Total	709	16.32	3.483	99.1	7.55	59.28	43.51	422.1	91	993
Lunch										
AH Filet Americain Naturel 80 g	132	8.8	3.2	2.8	0.24	0.8	11.2	0.58		
Calvé Pindakaas met Stukjes Noot 1 boterham, 15 g	100	8.5	1.5	2.5		1	3	40		
Bruine Boterham 2 regular slices	138	2.35	0.514	25.82	3.9	3.12	5.43	295	0	
Appelsap 2 cups	233	0.55	0.094	57.93	0.5	54.06	0.3	15	0	590
Total	603	20.2	5.308	89.05	4.64	58.98	19.93	350.58	0	590
Dinner										
Bosui of Lentoui 1 tbsp chopped	2	0.01	0.002	0.44	0.2	0.14	0.11	1	0	17

Monday, February 3, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potas (mg)
AH Kipfiletblokjes 180 g	198	3.6	0.9	0	0	0	41.4	0.09		
Bloemkool (Ingevroren) 150 g	36	0.4	0.062	7.02	3.4	3.33	3.02	36	0	290
Total	236	4.01	0.964	7.46	3.6	3.47	44.53	37.09	0	307
Snacks/Other										
Nestlé Kitkat Mini 1 mini, 16.7 g	87	4.6	2.6	10	0.3	8.2	1.2	0		
Eiwitshake 1 cup	257	0.36	0.04	24.02	4.3	15.54	45.18	703	0	
Total	344	4.96	2.64	34.02	4.6	23.74	46.38	703	0	
Total	1892	45.49	12.395	229.63	20.39	145.47	154.35	1512.77	91	1890

Tuesday, February 4, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potas (mg)
Breakfast										
Water 2 cups (8 fl oz)	0	0	0	0	0	0	0	9	0	
Appelsientje Zwarte Bes 160 ml	69	0	0	15.84	0.16	15.84	0.16	0		
Kips' Filet Americain 50 g	134	11	1.9	1.55	0.15	1	7	435		
Bruine Boterham 3 regular slices	207	3.53	0.77	38.72	5.8	4.68	8.15	443	0	
Calvé Pindakaas met Stukjes Noot 1 boterham, 15 g	100	8.5	1.5	2.5		1	3	40		
Duo Penotti Chocopasta 1 portie, 15 g	85	5	1	9	0.3	9	0.4	0		
Total	595	28.03	5.17	67.61	6.41	31.52	18.71	927	0	
Lunch										
Water 3 cups (8 fl oz)	0	0	0	0	0	0	0	14	0	
AH Basmati Rijst 100 g	355	1.5	0.3	77	1.5	0	9	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
AH Kipfiletblokjes 100 g	110	2	0.5	0	0	0	23	0.05		
AH Bloemkoolroosjes 150 g	33	0.3	0	4.5	1.5	3	3	0.02		
Total	603	4.19	0.932	108.45	6.1	17.43	36.29	15.07	0	422

Tuesday, February 4, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potas (mg)
Dinner										
Chocomel Chocomel 100 ml	84	2	2	12			3.5	4		
Erwtjes en Worteltjes (Ingevroren) 100 g	53	0.47	0.084	11.15	3.4		3.4	79	0	194
Marvest Wiener Schnitzel 100 g	233	12		16			15			
Yil'driz Knoflooksaus 1 portie, 15 ml	43	3.5	0.3	3.2	0.1	2.1	0.1	290		
Frieten (Gefrituurd, uit de Diepvries) 20 strips	199	7.51	3.566	31.17	3.9		3.15	42	0	439
Total	612	25.48	5.95	73.52	7.4	2.1	25.15	415	0	633
Snacks/Other										
Campina Echte Slagroom 40 g	120	11.2	8	4.4		4.4	1			
Eiwitshake 1 cup	257	0.36	0.04	24.02	4.3	15.54	45.18	703	0	
Total	377	11.56	8.04	28.42	4.3	19.94	46.18	703	0	
Total	2187	69.26	20.092	278	24.21	70.99	126.33	2060.07	0	1055

Wednesday, February 5, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potas (mg)
Breakfast										
Calvé Pindakaas met Stukjes Noot 1 boterham, 15 g	100	8.5	1.5	2.5		1	3	40		
Bruine Boterham 2 regular slices	138	2.35	0.514	25.82	3.9	3.12	5.43	295	0	
Kips' Filet Americain 50 g	134	11	1.9	1.55	0.15	1	7	435		
Total	372	21.85	3.914	29.87	4.05	5.12	15.43	770	0	
Lunch										
Leverworst 4 slices (2" dia x 1/4" thick)	131	11.4	3.723	1.24	0	0	5.8	464	72	80
Blue Band Goede Start Vezelrijk Lic ... 1 sneetje	80	0.5		14			4			
Bertolli Boter 1 portie, 10 g	35	3.8	0.9	0.5	0.1	0.1	0.1	0.01		
Peijnenburg Ontbijtkoek Parelkandij 1 plak, 36 g	80	0.5	0.1	17.9	0.7	9.8	0.7	0.04		
Linessa Nectar Multivitamine Light 100 ml	24	0.1	0	5.2	0.2	5	0.2	100		
AH Kipfilethaasjes 100 g	105	1	0.3	0.5	0	0	23	0.1		
Euro Shopper Doperwten 100 g	60	0.4	0	10	5	1	4.5	0.31		
AH Basmati Rijst 40 g	142	0.6	0.12	30.8	0.6	0	3.6	0		
Total	657	18.3	5.143	80.14	6.6	15.9	41.9	564.46	72	80

Wednesday, February 5, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potas (mg)
Dinner										
CoolBest Vitaday 100 ml	46	0	0	10.4	0.4	10	0.3	2		
Inproba Kokosmelk 20 ml	20	1.3	0	1.92	0	0	0.22	0		
Euro Shopper Doperwten 100 g	60	0.4	0	10	5	1	4.5	0.31		
AH Basmatirijst 30 g	106	0.06		23.4	0.3		2.7			
AH Kipfilethaasjes 150 g	158	1.5	0.45	0.75	0	0	34.5	0.15		
Total	390	3.26	0.45	46.47	5.7	11	42.22	2.46		
Snacks/Other										
McDonald's Fanta (Medium) 1 portie	190	0		47		47	0			
McDonald's Chicken McNuggets (6) 1 portie, 107 g	270	14		19			17			
McDonald's McFlurry Snickers 1 portie, 200 g	445	18		62		0	9			
CoolBest Tropical Sunrise 100 ml	44	0	0	9.9	0.45	9.7	0.3	2		
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	1054	32.39	0.132	164.85	3.55	71.13	27.59	3	0	422
Total	2473	75.8	9.639	321.33	19.9	103.15	127.14	1339.92	72	502

Thursday, February 6, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potas (mg)
Breakfast										
Peijnenburg Ontbijtkoek Parelkandij 1 plak, 36 g	80	0.5	0.1	17.9	0.7	9.8	0.7	0.04		
Leverworst 4 slices (2" dia x 1/4" thick)	131	11.4	3.723	1.24	0	0	5.8	464	72	80
Blue Band Goede Start Vezelrijk Lic ... 2 x 1 sneetje	160	1		28			8			
CoolBest Coconut Paradise 100 ml	40	0	0	9	0.14	8.8	0.3	0		
Kalkoen of Kipfilet (in Plakjes) 2 slices (1 oz)	59	0.94	0.272	2.39	0.3	1.99	9.68	576	24	171
Total	470	13.84	4.095	58.53	1.14	20.59	24.48	1040.04	96	251
Lunch										
AH Basmati Rijst 30 g	106	0.45	0.09	23.1	0.45	0	2.7	0		
AH Milde Thaise Kipfiletblokjes 150 g	225	9	1.5	2.25	0	1.5	33	0.56		
AH Spruiten 150 g	68	1.05	0.6	7.5	6.75	7.5	3.75	105		
Total	399	10.5	2.19	32.85	7.2	9	39.45	105.56		
Dinner										
AH Spruiten 150 g	68	1.05	0.6	7.5	6.75	7.5	3.75	105		
AH Milde Thaise Kipfiletblokjes 150 g	225	9	1.5	2.25	0	1.5	33	0.56		
AH Basmati Rijst 40 g	142	0.6	0.12	30.8	0.6	0	3.6	0		

Thursday, February 6, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potas (mg)
Total	435	10.65	2.22	40.55	7.35	9	40.35	105.56		
Snacks/Other										
Eiwitshake 1 cup	257	0.36	0.04	24.02	4.3	15.54	45.18	703	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	362	0.75	0.172	50.97	7.4	29.97	46.47	704	0	422
Total	1666	35.74	8.677	182.9	23.09	68.56	150.75	1955.16	96	673

Friday, February 7, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potas (mg)
Breakfast										
Kalkoen of Kipfilet (in Plakjes) 2 slices (1 oz)	59	0.94	0.272	2.39	0.3	1.99	9.68	576	24	171
Blue Band Goede Start Vezelrijk Lic ... 2 x 1 sneetje	160	1		28			8			
Calvé Pindakaas met Stukjes Noot 1 boterham, 15 g	100	8.5	1.5	2.5		1	3	40		
Total	319	10.44	1.772	32.89	0.3	2.99	20.68	616	24	171
Lunch										
Kalkoen of Kipfilet (in Plakjes) 2 slices (1 oz)	59	0.94	0.272	2.39	0.3	1.99	9.68	576	24	171
Calvé Pindakaas met Stukjes Noot 2 x 1 boterham, 30 g	200	17	3	5		2	6	80		
Blue Band Goede Start Vezelrijk Lic ... 3 x 1 sneetje	240	1.5		42			12			
Total	499	19.44	3.272	49.39	0.3	3.99	27.68	656	24	171
Dinner										
Karvan Cevitam Grenadine 1 glas, 200 ml	77	0	0	19	0.1	19	0.1	0		
Calvé Pindakaas met Stukjes Noot 1 boterham, 15 g	100	8.5	1.5	2.5		1	3	40		
Kalkoen of Kipfilet (in Plakjes) 6 slices (1 oz)	177	2.82	0.816	7.16	0.9	5.97	29.04	1727	73	514
Blue Band Goede Start Vezelrijk Lic ... 4 x 1 sneetje	320	2		56			16			
Total	674	13.32	2.316	84.66	1	25.97	48.14	1767	73	514

Friday, February 7, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potas (mg)
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Snacks/Other

Total	1492	43.2	7.36	166.94	1.6	32.95	96.5	3039	121	856
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Saturday, February 8, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potas (mg)
Breakfast										
Eiwitshake 1 cup	257	0.36	0.04	24.02	4.3	15.54	45.18	703	0	
Blue Band Goede Start Vezelrijk Lic ... 2 x 1 sneetje	160	1		28			8			
Leverworst 4 slices (2" dia x 1/4" thick)	131	11.4	3.723	1.24	0	0	5.8	464	72	80
Kalkoen of Kipfilet (in Plakjes) 2 slices (1 oz)	59	0.94	0.272	2.39	0.3	1.99	9.68	576	24	171
Total	607	13.7	4.035	55.65	4.6	17.53	68.66	1743	96	251
Lunch										
Gekookt Eiwit 1 large	17	0.06	0	0.24	0	0.23	3.58	106	0	53
AH Basmati Rijst 40 g	142	0.6	0.12	30.8	0.6	0	3.6	0		
Boursin Cuisine 50 g	110	10		3.25			1.75			
Gekookte Spinazie (uit de Diepvries, ... 1 cup frozen, leaf	61	0.95	0.173	9.75	7	0.97	7.58	553	0	572
AH Puur & Eerlijk Kipdijfilet 150 g	188	8.25	3	0	0	0	30	0.15		
Total	518	19.86	3.293	44.04	7.6	1.2	46.51	659.15	0	625
Dinner										
Plus Doperwten en Wortelen 100 g	80	0.2		15			4.4			
AH Puur & Eerlijk Kipdijfilet 100 g	125	5.5	2	0	0	0	20	0.1		

Saturday, February 8, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potas (mg)
AH Basmati Rijst 40 g	142	0.6	0.12	30.8	0.6	0	3.6	0		
Total	347	6.3	2.12	45.8	0.6	0	28	0.1		
Snacks/Other										
McDonald's Cheeseburger 3/4 x 1 portie, 88 g	229	9.75	9.75	22.5			12	1.2		
McDonald's Fanta (Medium) 1 portie	190	0		47		47	0			
McDonald's Chili Chicken 3/4 x 1 portie, 60 g	274	9.75	1.5	36	2.25	7.5	9.75			
Appelsap (uit Blik of Fles) 2 1/2 cups	291	0.68	0.118	72.42	0.6	67.58	0.37	19	0	738
Karvan Cevitam Grenadine 1 glas, 200 ml	77	0	0	19	0.1	19	0.1	0		
Eiwitshake 1 cup	257	0.36	0.04	24.02	4.3	15.54	45.18	703	0	
Total	1318	20.54	11.408	220.94	7.25	156.62	67.4	723.2	0	738
Total	2790	60.4	20.856	366.43	20.05	175.35	210.57	3125.45	96	1614

Sunday, February 9, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potas (mg)
Breakfast										
Blue Band Goede Start Vezelrijk Lic ... 3 x 1 sneetje	240	1.5		42			12			
Kalkoen of Kipfilet (in Plakjes) 2 slices (1 oz)	59	0.94	0.272	2.39	0.3	1.99	9.68	576	24	171
Kips' Filet Americain 50 g	134	11	1.9	1.55	0.15	1	7	435		
Total	433	13.44	2.172	45.94	0.45	2.99	28.68	1011	24	171
Lunch										
Quaker Cruesli Winterrijk Chocolate ... 50 g	228	8.5	1.25	33	3.25	12.5	3.5	10		
AH Magere Franse Kwark 500 g	275	1.5	1	20	0	20	45	0.2		
Total	503	10	2.25	53	3.25	32.5	48.5	10.2		
Dinner										
Kokosolie 1 tbsp	117	13.6	11.764	0	0	0	0	0	0	
AH Basmati Rijst 30 g	106	0.45	0.09	23.1	0.45	0	2.7	0		
AH Bloemkoolroosjes 170 g	37	0.34	0	5.1	1.7	3.4	3.4	0.02		
AH Puur & Eerlijk Runderchipolata B ... 300 g	690	48	21	9	1.2	2.4	54	1.59		
Total	950	62.39	32.854	37.2	3.35	5.8	60.1	1.61	0	

Sunday, February 9, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potas (mg)
Snacks/Other										
Gulden Krakeling Oranjeboekstukjes 1 koek, 42 g	163	5		30			2			
Gulden Krakeling Oranjeboekstukjes 1 koek, 42 g	163	5		30			2			
Lidl Kokosmakroon 3 x 1 koek, 210 g	981	48	45	114		102	9			
CoolBest Vitaday 250 ml	115	0	0	26	1	25	0.75	5		
Eiwitshake 1 cup	257	0.36	0.04	24.02	4.3	15.54	45.18	703	0	
Total	1679	58.36	45.04	224.02	5.3	142.54	58.93	708	0	
Total	3565	144.19	82.316	360.16	12.35	183.83	196.21	1730.81	24	171

Monday, February 10, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potas (mg)
Breakfast										
Blue Band Goede Start Vezelrijk Lic ... 2 x 1 sneetje	160	1		28			8			
Kalkoen of Kipfilet (in Plakjes) 4 slices (1 oz)	118	1.88	0.544	4.77	0.6	3.98	19.36	1151	49	342
Eiwitshake 1 cup	257	0.36	0.04	24.02	4.3	15.54	45.18	703	0	
Total	535	3.24	0.584	56.79	4.9	19.52	72.54	1854	49	342
Lunch										
Peijnenburg Tussendoor Noten 1 reep, 34.5 g	113	1.4	0.3	23.5	1	13	1	0.07		
Duo Penotti Chocopasta 1 portie, 15 g	85	5	1	9	0.3	9	0.4	0		
Blue Band Goede Start Vezelrijk Lic ... 1 sneetje	80	0.5		14			4			
Total	278	6.9	1.3	46.5	1.3	22	5.4	0.07		
Dinner										
CoolBest Vitaday 300 ml	138	0	0	31.2	1.2	30	0.9	6		
Plus Rundergehakt 250 g	638	49.25	23	0.25		0.25	47	75		
Groene Snijbonen (uit Blik, Vloeistof ... 1/2 cup	18	0.12	0.028	4.2	1.8		0.96	311	0	110
AH Basmatirijst 65 g	231	0.13		50.7	0.65		5.85			
Total	1025	49.5	23.028	86.35	3.65	30.25	54.71	392	0	110

Monday, February 10, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potas (mg)
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Snacks/Other

Total	1838	59.64	24.912	189.64	9.85	71.77	132.65	2246.07	49	452
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Tuesday, February 11, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potas (mg)
Breakfast										
Quaker Cruesli Winterrijk Chocolate ... 50 g	228	8.5	1.25	33	3.25	12.5	3.5	10		
AH Magere Franse Kwark 500 g	275	1.5	1	20	0	20	45	0.2		
Kalkoen of Kipfilet (in Plakjes) 4 slices (1 oz)	118	1.88	0.544	4.77	0.6	3.98	19.36	1151	49	342
Blue Band Goede Start Vezelrijk Lic ... 2 x 1 sneetje	160	1		28			8			
Total	781	12.88	2.794	85.77	3.85	36.48	75.86	1161.2	49	342
Lunch										
AH Kipfiletblokjes 150 g	165	3	0.75	0	0	0	34.5	0.08		
AH Spruiten 150 g	68	1.05	0.6	7.5	6.75	7.5	3.75	105		
AH Basmati Rijst 40 g	142	0.6	0.12	30.8	0.6	0	3.6	0		
Total	375	4.65	1.47	38.3	7.35	7.5	41.85	105.08		
Dinner										
Kalkoen of Kipfilet (in Plakjes) 1 slice (1 oz)	29	0.47	0.136	1.19	0.1	1	4.84	288	12	86
Milner Jonge Kaas 30+ 10 g	28	1.8	1.2	0	0	0	2.8	70		
AH Pittige Peperburger 120 g	264	18	7.8	5.4	1.2	1.2	20.4			
Aviko Pomme Duchesse 100 g	145	5	0.9	21.5	2.7	1.3	2.5	0.2		

Tuesday, February 11, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potas (mg)
Total	466	25.27	10.036	28.09	4	3.5	30.54	358.2	12	86
Snacks/Other										
Roosvicee Appel Rode Vrucht 1 glas, 200 ml	26	0.1	0	6	0	5.8	0.2	0	0	0
Perfekt Sinaasappelsap 2 x 1 glas, 400 ml	176	0.8	0	36.8	1.2	36.8	2.8	20		
Milbona Vruchtenyoghurt 100 g	109	3	1.8	16.1	0.8	15.5	3.5	0.05		
Eiwitshake 1 cup	257	0.36	0.04	24.02	4.3	15.54	45.18	703	0	
Total	568	4.26	1.84	82.92	6.3	73.64	51.68	723.05	0	0
Total	2190	47.06	16.14	235.08	21.5	121.12	199.93	2347.53	61	428

Wednesday, February 12, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potas (mg)
Breakfast										
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
Blue Band Goede Start Vezelrijk Lic ... 3 x 1 sneetje	240	1.5		42			12			
Calvé Pindakaas met Stukjes Noot 1 boterham, 15 g	100	8.5	1.5	2.5		1	3	40		
Kalkoen of Kipfilet (in Plakjes) 4 slices (1 oz)	118	1.88	0.544	4.77	0.6	3.98	19.36	1151	49	342
Total	563	12.27	2.176	76.22	3.7	19.41	35.65	1192	49	764
Lunch										
AH Basmati Rijst 40 g	142	0.6	0.12	30.8	0.6	0	3.6	0		
AH Kipfiletblokjes 100 g	110	2	0.5	0	0	0	23	0.05		
AH Spruiten 150 g	68	1.05	0.6	7.5	6.75	7.5	3.75	105		
Total	320	3.65	1.22	38.3	7.35	7.5	30.35	105.05		
Dinner										
AH Basmati Rijst 30 g	106	0.45	0.09	23.1	0.45	0	2.7	0		
AH Spruiten 100 g	45	0.7	0.4	5	4.5	5	2.5	70		
AH Rundergehakt 170 g	374	27.2	11.05	0.51	0.34	0.34	32.3	850		
Total	525	28.35	11.54	28.61	5.29	5.34	37.5	920		

Wednesday, February 12, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potas (mg)
Snacks/Other										
Calvé Pindakaas met Stukjes Noot 1 boterham, 15 g	100	8.5	1.5	2.5		1	3	40		
Blue Band Goede Start Vezelrijk Lic ... 1 sneetje	80	0.5		14			4			
Eiwitshake 1 cup	257	0.36	0.04	24.02	4.3	15.54	45.18	703	0	
Total	437	9.36	1.54	40.52	4.3	16.54	52.18	743	0	
Total	1845	53.63	16.476	183.65	20.64	48.79	155.68	2960.05	49	764

Thursday, February 13, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potas (mg)
Breakfast										
Lipton Ice Tea 1 glas, 250 ml	90	0	0	20	0	20	0.3	0.1		
Eiwitshake 1/2 cup	129	0.18	0.02	12.01	2.1	7.77	22.59	352	0	
Milner Jonge Kaas 30+ 100 g	275	18	12	0	0	0	28	700		
Calvé Pindakaas met Stukjes Noot 1 boterham, 15 g	100	8.5	1.5	2.5		1	3	40		
Blue Band Goede Start Vezelrijk Lic ... 2 x 1 sneetje	160	1		28			8			
Total	754	27.68	13.52	62.51	2.1	28.77	61.89	1092.1	0	
Lunch										
AH Spruiten 30 g	14	0.21	0.12	1.5	1.35	1.5	0.75	21		
CoolBest Vitaday 250 ml	115	0	0	26	1	25	0.75	5		
AH Basmati Rijst 40 g	142	0.6	0.12	30.8	0.6	0	3.6	0		
AH Rundergehakt 150 g	330	24	9.75	0.45	0.3	0.3	28.5	750		
Total	601	24.81	9.99	58.75	3.25	26.8	33.6	776		
Dinner										
Glenfell Kip Cordon Blue 120 g	169	4.32	2.16	11.04	0	1.56	21	0.84		
AH Biefstukpuntjes 150 g	141	2.25		0.45			30			

Thursday, February 13, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potas (mg)
AH Basmati Rijst 40 g	142	0.6	0.12	30.8	0.6	0	3.6	0		
AH Doperwten en Wortelen 140 g	52	0	0	8.4	5.6	4.9	4.2	308		
Total	504	7.17	2.28	50.69	6.2	6.46	58.8	308.84		
Snacks/Other										
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
Eiwitshake 1/2 cup	129	0.18	0.02	12.01	2.1	7.77	22.59	352	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	339	0.96	0.284	65.91	8.3	36.63	25.17	354	0	844
Total	2198	60.62	26.074	237.86	19.85	98.66	179.46	2530.94	0	844

Friday, February 14, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potas (mg)
Breakfast										
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
AH Sperziebonen Gebroken 120 g	42	0	0	7.2	3.6	0	3	0		
AH Kipfiletblokjes 120 g	132	2.4	0.6	0	0	0	27.6	0.06		
Total	279	2.79	0.732	34.15	6.7	14.43	31.89	1.06	0	422
Lunch										
Dinner										
Snacks/Other										
Eiwitshake 1/2 cup	129	0.18	0.02	12.01	2.1	7.77	22.59	352	0	
Total	408	2.97	0.752	46.16	8.8	22.2	54.48	353.06	0	422

Sunday, February 16, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potas (mg)
Breakfast										
Kalkoen of Kipfilet (in Plakjes) 3 slices (1 oz)	88	1.41	0.408	3.58	0.4	2.99	14.52	863	37	257
Appelsap 2 cups	233	0.55	0.094	57.93	0.5	54.06	0.3	15	0	590
Bertolli Boter 1 portie, 10 g	35	3.8	0.9	0.5	0.1	0.1	0.1	0.01		
De Ruijter Chocolate Hagelslag Puur 1 portie, 20 g	82	2.9		15		15	1			
Calvé Pindakaas met Stukjes Noot 1 boterham, 15 g	100	8.5	1.5	2.5		1	3	40		
Speltbrood 2 regular slices	135	2.13	0.465	24.54	2.2	2.85	4.73	276	0	105
Body & Fit Eiwit Pannenkoeken Mix 2 x 1 maatschep, 60 g	272	2.2		10.8	0.6	0	39.8			
Total	945	21.49	3.367	114.85	3.8	76	63.45	1194.01	37	952
Lunch										
Dinner										
Snacks/Other										
Eiwitshake 1/2 cup	129	0.18	0.02	12.01	2.1	7.77	22.59	352	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	234	0.57	0.152	38.96	5.2	22.2	23.88	353	0	422
Total	1179	22.06	3.519	153.81	9	98.2	87.33	1547.01	37	1374

Tuesday, February 18, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potas (mg)
Breakfast										
Eiwitshake 1/2 cup	129	0.18	0.02	12.01	2.1	7.77	22.59	352	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
De Ruijter Vruchtenhagel 1 beleg, 15 g	59	0		15			0			
Hero Jam Mini's 1 cupje, 25 g	63	1	1	16	0.3	16	1	0		
Blue Band Goede Start Vezelrijk Lic ... 2 x 1 sneetje	160	1		28			8			
Total	516	2.57	1.152	97.96	5.5	38.2	32.88	353	0	422
Lunch										
Kalkoen of Kipfilet (in Plakjes) 2 slices (1 oz)	59	0.94	0.272	2.39	0.3	1.99	9.68	576	24	171
Calvé Pindakaas met Stukjes Noot 2 x 1 boterham, 30 g	200	17	3	5		2	6	80		
Blue Band Goede Start Vezelrijk Lic ... 3 x 1 sneetje	240	1.5		42			12			
AH Doperwten en Wortelen 70 g	26	0	0	4.2	2.8	2.45	2.1	154		
AH Kipfilethaasjes 100 g	105	1	0.3	0.5	0	0	23	0.1		
Total	630	20.44	3.572	54.09	3.1	6.44	52.78	810.1	24	171
Dinner										
AH Basmati Rijst 40 g	142	0.6	0.12	30.8	0.6	0	3.6	0		

Tuesday, February 18, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potas (mg)
AH Gebroken Sperzieboontjes 150 g	42	0.6		7.5	5.25		3			
AH Rundergehakt 200 g	440	32	13	0.6	0.4	0.4	38	1000		
Total	624	33.2	13.12	38.9	6.25	0.4	44.6	1000		
Snacks/Other										
AH Magere Franse Kwark 250 g	138	0.75	0.5	10	0	10	22.5	0.1		
Eiwitshake 1/2 cup	129	0.18	0.02	12.01	2.1	7.77	22.59	352	0	
Total	267	0.93	0.52	22.01	2.1	17.77	45.09	352.1	0	
Total	2037	57.14	18.364	212.96	16.95	62.81	175.35	2515.2	24	593

Wednesday, February 19, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potas (mg)
Breakfast										
Duo Penotti Chocopasta 1 portie, 15 g	85	5	1	9	0.3	9	0.4	0		
Plus Tarwe Bollen 2 x 1 bol, 100 g	274	3.8		49.2			9.2			
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
Eiwitshake 1/2 cup	129	0.18	0.02	12.01	2.1	7.77	22.59	352	0	
Kalkoen of Kipfilet (in Plakjes) 2 slices (1 oz)	59	0.94	0.272	2.39	0.3	1.99	9.68	576	24	171
Total	652	10.31	1.424	99.55	5.8	33.19	43.16	929	24	593
Lunch										
Kalkoen of Kipfilet (in Plakjes) 2 slices (1 oz)	59	0.94	0.272	2.39	0.3	1.99	9.68	576	24	171
De Ruijter Vruchtenhagel 1 beleg, 15 g	59	0		15			0			
Plus Tarwe Bollen 2 x 1 bol, 100 g	274	3.8		49.2			9.2			
Calvé Pindakaas met Stukjes Noot 1 boterham, 15 g	100	8.5	1.5	2.5		1	3	40		
AH Rundergehakt 100 g	220	16	6.5	0.3	0.2	0.2	19	500		
Spinazie 100 g	23	0.39	0.063	3.63	2.2	0.42	2.86	79	0	558
Total	735	29.63	8.335	73.02	2.7	3.61	43.74	1195	24	729

Wednesday, February 19, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potas (mg)
Dinner										
AH Gebroken Sperzieboontjes 150 g	42	0.6		7.5	5.25		3			
AH Kalkoenschnitzel 120 g	132	1.2	1.2	0	0	0	30	0		
Total	174	1.8	1.2	7.5	5.25	0	33	0		
Snacks/Other										
Plus Hagelslag Puur 50 g	32	1.2	0.68	5	0.5	4.85	0.36	9.75		
Duo Penotti Chocopasta 1 portie, 15 g	85	5	1	9	0.3	9	0.4	0		
Peijnenburg Ontbijtkoek Minder Suiker ... 2 x 1 portie, 80 g	228	0.8	0.2	51	6.8	20.4	2.4	220		
Konings Magere Naturel Kwark 500 g	275	0.5		24			44			
Total	620	7.5	1.88	89	7.6	34.25	47.16	229.75		
Total	2181	49.24	12.839	269.07	21.35	71.05	167.06	2353.75	48	1322

Thursday, February 20, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potas (mg)
Breakfast										
AH Multivitamine 250 ml	105	0.25	0	23.75	1.25	23.75	1.25	0		
Duo Penotti Chocopasta 1 portie, 15 g	85	5	1	9	0.3	9	0.4	0		
AH Bewust Light 2 x 1 portie, 10 g	32	3.5	0.9	0.08	0	0	0	0		
Hero Jam Mini's 1 cupje, 25 g	63	1	1	16	0.3	16	1	0		
Kalkoen of Kipfilet (in Plakjes) 4 slices (1 oz)	118	1.88	0.544	4.77	0.6	3.98	19.36	1151	49	342
Eiwitshake 1/2 cup	129	0.18	0.02	12.01	2.1	7.77	22.59	352	0	
Blue Band Goede Start Vezelrijk Lic ... 4 x 1 sneetje	320	2		56			16			
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	957	14.2	3.596	148.56	7.65	74.93	61.89	1504	49	764
Lunch										
Calvé Pindakaas met Stukjes Noot 2 x 1 boterham, 30 g	200	17	3	5		2	6	80		
Blue Band Goede Start Vezelrijk Lic ... 3 x 1 sneetje	240	1.5		42			12			
Duo Penotti Chocopasta 1 portie, 15 g	85	5	1	9	0.3	9	0.4	0		
Total	525	23.5	4	56	0.3	11	18.4	80		

Thursday, February 20, 2014

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potas (mg)
Dinner										
AH Doperwten en Wortelen 130 g	48	0	0	7.8	5.2	4.55	3.9	286		
AH Kalkoenschnitzel 120 g	132	1.2	1.2	0	0	0	30	0		
Total	180	1.2	1.2	7.8	5.2	4.55	33.9	286		
Snacks/Other										
Konings Magere Naturel Kwark 500 g	275	0.5		24			44			
Eiwitshake 1/2 cup	129	0.18	0.02	12.01	2.1	7.77	22.59	352	0	
Total	404	0.68	0.02	36.01	2.1	7.77	66.59	352	0	
Total	2066	39.58	8.816	248.37	15.25	98.25	180.78	2222	49	764