| 6:30:00 | Portie | | E | K | V | kcal |
|---|---|---|---|---|---|---|
| Sojamelk | 400 | gram | 12.00 | 9.20 | 7.20 | 142.40 |
| Brinta | 50 | gram | 5.50 | 32.50 | 1.05 | 160.40 |
| Boterham | 1 | stuk | 1.88 | 13.20 | 0.92 | 67.72 |
| kipfilet (brood) | 100 | gram | 20.00 | 0.00 | 2.00 | 96.00 |
| **Totaal maaltijd** | | | 39.38 | 54.90 | 11.17 | |
| **Totaal kcal** | | | 157.52 | 219.60 | 89.39 | 466.52 |
| **Verhouding** | | | 33.77% | 47.07% | 19.16% | 100% |

| 9:30:00 | Portie | | E | K | V | kcal |
|---|---|---|---|---|---|---|
| Sojayoghurt | 400 | gram | 15.20 | 40.40 | 8.80 | 292.80 |
| Whey shake | 1 | stuk | 19.56 | 2.81 | 0.24 | 91.39 |
| Appel | 1 | stuk | 1.00 | 14.00 | 0.00 | 60.00 |
| **Totaal maaltijd** | | | 35.76 | 57.21 | 9.04 | |
| **Totaal kcal** | | | 143.04 | 228.83 | 72.32 | 444.19 |
| **Verhouding** | | | 32.20% | 51.52% | 16.28% | 100% |

| 12:00:00 | Portie | | E | K | V | kcal |
|---|---|---|---|---|---|---|
| Pasta (gekookt) | 100 | gram | 4.80 | 28.30 | 0.70 | 138.00 |
| Kipfilet | 100 | gram | 33.40 | 0.50 | 4.70 | 173.20 |
| Tomatenblokjes | 100 | gram | 1.20 | 5.30 | 0.50 | 30.00 |
| Paprika | 100 | gram | 1.00 | 4.50 | 0.00 | 22.00 |
| Olijfolie | 2 | TL | 0.00 | 0.00 | 5.00 | 40.00 |
| Lijnzaad | 5 | gram | 1.00 | 0.68 | 1.63 | 19.70 |
| **Totaal maaltijd** | | | 41.40 | 39.28 | 12.53 | |
| **Totaal kcal** | | | 165.60 | 157.10 | 100.20 | 422.90 |
| **Verhouding** | | | 39.16% | 37.15% | 23.69% | 100% |

| 15:00:00 | Portie | | E | K | V | kcal |
|---|---|---|---|---|---|---|
| Boterham | 2 | stuk | 3.76 | 26.40 | 1.85 | 135.43 |
| Rookvlees | 100 | gram | 22.90 | 0.60 | 6.50 | 146.00 |
| Banaan | 1 | stuk | 1.00 | 30.00 | 0.00 | 124.00 |
| **Totaal maaltijd** | | | 27.66 | 57.00 | 8.35 | |
| **Totaal kcal** | | | 110.65 | 228.00 | 66.78 | 405.43 |
| **Verhouding** | | | 27.29% | 56.24% | 16.47% | 100% |

| 18:00:00 | Portie | | E | K | V | kcal |
|---|---|---|---|---|---|---|
| Pasta (gekookt) | 100 | gram | 4.80 | 28.30 | 0.70 | 138.00 |
| Kipfilet | 100 | gram | 33.40 | 0.50 | 4.70 | 173.20 |
| Tomatenblokjes | 100 | gram | 1.20 | 5.30 | 0.50 | 30.00 |
| Paprika | 100 | gram | 1.00 | 4.50 | 0.00 | 22.00 |
| Olijfolie | 2 | TL | 0.00 | 0.00 | 5.00 | 40.00 |
| **Totaal** | | | 40.40 | 38.60 | 10.90 | |
| **Totaal kcal** | | | 161.60 | 154.40 | 87.20 | 403.20 |
| **Verhouding** | | | 40.08% | 38.29% | 21.63% | 100% |

| 21:00:00 | Portie | | E | K | V | kcal |
|---|---|---|---|---|---|---|
| Sojamelk | 400 | gram | 12.00 | 9.20 | 7.20 | 142.40 |
| Whey shake | 1 | stuk | 19.56 | 2.81 | 0.24 | 91.39 |
| Appel | 1 | stuk | 1.00 | 14.00 | 0.00 | 60.00 |
| **Totaal** | | | 32.56 | 26.01 | 7.44 | |
| **Totaal kcal** | | | 130.24 | 104.03 | 59.52 | 293.79 |
| **Verhouding** | | | 44.33% | 35.41% | 20.26% | 100% |

| DAG | | | | | | |
|---|---|---|---|---|---|---|
| **Totaal** | | | 217.16 | 272.99 | 59.43 | |
| **Totaal kcal** | | | 868.65 | 1,091.96 | 475.42 | 2,436.03 |
| **Verhouding** | | | 35.66% | 44.83% | 19.52% | 100% |
| | | | *35.00%* | *45.00%* | *20.00%* | |

| Rekenwaarden | |
|---|---|
| **Gewicht** | **81.40** |
| **Lengte** | **176.00** |
| **Vet %** | **22.00%** |
| **Activity** | **1.55** |
| **Leeftijd** | **30** |
| *LBM* | *63.49* |
| *BMR* | *1,857.18* |
| *TDEE* | *2,878.63* |
| **Cut%** | **15.00%** |
| *Totaal kcal* | *2,446.83* |