		unit	quantity	Protein	Protein	carbs	fats	calories
Protein Source	Whey isolate	scoops	2	44	44	10	2	220
Carbohydrate Source	Oatmeal	grams	100	16	16	67	6	384
Fat Source	peanut butter organic	grams	10	2,666666667	2,666666667	2	5,333333333	66,66666667
Carbohydrate Source	Banana medium	serving	1	1	1	27	0	105
Carbohydrate Source	Whole Grain Bread	Slice	4	12	12	48	4	260
Protein Source	chicken breast	grams	50	11,5	11,5	0	0,5	55

Lunch

		unit		Protein	Protein	carbs	fats	calories
		0	20	0	0	0	0	0
Carbohydrate Source	Banana medium	serving	1	1	1	27	0	105
Protein Source	Whey isolate	scoops	1	22	22	5	1	110
Carbohydrate Source	Oatmeal	grams	100	16	16	67	6	384
		0		0	0	0	0	0
		0		0	0	0	0	0
		0		0	0	0	0	0
		0		0	0	0	0	0

Dinner

		unit	quantity	Protein	Protein	carbs	fats	calories
Protein Source	chicken breast	grams	150	34,5	34,5	0	1,5	165
Carbohydrate Source	brown rice gekookt	grams	100	3	3	23	1	111
Carbohydrate Source	Carrot	grams	100	1	1	10	0	41

Pre Bedtime Meal

	unit	quantity	Protein	Protein	carbs	fats	calories

Post workout Meal

	unit	quantity	Protein	Protein	carbs	fats	calories

		0		0	0	0	0	0
Fat Source	almonds	grams	50	10,5	10,5	10	25,5	289
Protein Source	Magere Franse Kwark	grams	500	45	45	20	0	250
Carbohydrate Source	Oatmeal	grams	50	8	8	33,5	3	192