Tijd	Product		Eenheid	kcal	Eiwit	Koolhydraten	Vetten
Ontbijt	Volle Melk (Thai Denmark)	250	ml	160.00	8.00	12.00	9.00
06:00:00 AM	noten - walnoten	30	g	213.60	4.65	1.11	20.73
	banaan per 100 gr	120	g	108.00	1.44	22.80	0.24
	Koffie – zwart	150	ml	2.00	0.00	0.00	0.00
	Totaal			**483.60**	**14.09**	**35.91**	**29.97**
	Energie %				12.00%	30.58%	57.42%
Ochtend	rijst, gestoomd	1	cup (160gram)	205.00	4.30	45.00	0.40
09:00:00 AM	Crispy Chicken Breast	75	g	225.00	18.00	17.25	7.50
	kippebouillion	150	ml	9.00	0.60	2.25	0.15
	Volle Melk (Thai Denmark)	250	ml	160.00	8.00	12.00	9.00
	Protein – Whey Isolate	1	serving (31g)	110.00	27.00	1.00	0.00
	Totaal			**709.00**	**57.90**	**77.50**	**17.05**
	Energie %				33.32%	44.60%	22.08%
Lunch	brood - gemiddeld	100	g	240.00	8.70	45.80	2.50
12:00:00 PM	pindakaas	22	g	142.34	5.76	3.56	11.68
	boter - ongezouten	12	g	91.56	0.50	0.13	9.90
	Sinaasappelsap (vers)	170	ml	77.92	1.42	18.06	0.00
	Totaal			**551.82**	**16.38**	**67.56**	**24.08**
	Energie %				11.86%	48.91%	39.23%
Middag	wortelen	60	g	20.40	0.36	3.36	0.18
03:00:00 PM	rijst, gestoomd	1	cup (160gram)	205.00	4.30	45.00	0.40
	ui	60	g	26.40	0.60	6.00	0.00
	Shiitake	60	g	20.40	1.32	4.08	0.30
	erwten	60	g	48.60	3.90	7.56	0.30
	olijfolie	8	mL	65.84	0.00	0.00	7.31
	Totaal			**386.64**	**10.48**	**66.00**	**8.49**
	Energie %				10.96%	69.05%	19.99%
Diner	rijst, gestoomd	1	cup (160gram)	205.00	4.30	45.00	0.40
06:30:00 PM	kipfilet	75	g	86.25	14.25	2.25	2.25
	groentemix thais lidl	75	g	21.00	1.20	3.75	0.15
	Totaal			**312.25**	**19.75**	**51.00**	**2.80**
	Energie %				25.63%	66.19%	8.18%
Avond	Yoghurt, vol (Meiji)	1	cup (135gr)	120.00	4.00	19.00	3.00
09:00:00 PM	**Totaal**			**120.00**	**4.00**	**19.00**	**3.00**
	Energie %				13.45%	63.87%	22.69%
Totaal				**2563.31**	**122.60**	**316.97**	**85.39**
Totaal CAL					**490.42**	**1267.87**	**768.55**
Totaal %					**19.41%**	**50.18%**	**30.42%**
Verhouding	Gewicht	55	kg		2.23gr/kg	5.76gr/kg	1.55gr/kg