

| Maaltijd 1                      | Gram | Calorieën | Proteïne  | Koolhydraten | Vet       |
|---------------------------------|------|-----------|-----------|--------------|-----------|
| bananen                         | 120  | 106.8     | 1.2       | 27.6         | 0.0       |
| eieren (1 ei is gem. 66 gram)   | 60   | 85.8      | 7.8       | 0.6          | 6.0       |
| wei, concentraat (bodylab whey) | 20   | 78.6      | 15.6      | 1.8          | 1.0       |
| haver, fijn poeder              | 80   | 310.4     | 7.2       | 56.8         | 6.4       |
| melk, halfvolle (1,5%)          | 350  | 161.0     | 10.5      | 17.5         | 3.5       |
| Totaal:                         | 630  | 740       | 40(25.5%) | 101(64.3%)   | 16(10.2%) |
| Maaltijd 2                      | Gram | Calorieën | Proteïne  | Koolhydraten | Vet       |
| aardbeien                       | 50   | 16.0      | 0.5       | 4.0          | 0.0       |
| Kokosolie extra virgin          | 4    | 34.5      | 0.0       | 0.0          | 4.0       |
| kaas, gouda                     | 32   | 113.9     | 8.0       | 0.6          | 8.6       |
| brood, meergranen               | 110  | 291.5     | 14.3      | 47.3         | 4.4       |
| Totaal:                         | 196  | 454       | 22(24.7%) | 51(57.3%)    | 16(18.0%) |
| Maaltijd 3                      | Gram | Calorieën | Proteïne  | Koolhydraten | Vet       |
| sjalotten                       | 50   | 36.0      | 1.5       | 8.5          | 0.0       |
| rijst, bruin, lange korrel      | 75   | 277.5     | 6.0       | 57.8         | 2.3       |
| kip, borst                      | 150  | 171.0     | 31.5      | 0.0          | 4.5       |
| uien                            | 40   | 16.0      | 0.4       | 3.6          | 0.0       |
| broccoli                        | 200  | 68.0      | 6.0       | 14.0         | 0.0       |
| koolzaadolie                    | 10   | 88.4      | 0.0       | 0.0          | 10.0      |
| Totaal:                         | 525  | 656       | 44(31.0%) | 82(57.7%)    | 16(11.3%) |
| Maaltijd 4                      | Gram | Calorieën | Proteïne  | Koolhydraten | Vet       |
| amandelen                       | 25   | 143.8     | 5.3       | 5.5          | 12.3      |
| wei, concentraat (bodylab whey) | 20   | 78.6      | 15.6      | 1.8          | 1.0       |
| haver, fijn poeder              | 50   | 194.0     | 4.5       | 35.5         | 4.0       |
| creatine                        | 0    | 0         | 0         | 0            | 0         |
| Totaal:                         | 95   | 415       | 24(29.3%) | 41(50.0%)    | 17(20.7%) |
| Maaltijd 5                      | Gram | Calorieën | Proteïne  | Koolhydraten | Vet       |
| paprika, rood                   | 200  | 62.0      | 2.0       | 12.0         | 0.0       |
| spaghetti, volkoren, droog      | 100  | 348.0     | 15.0      | 75.0         | 1.0       |
| tilapiavis                      | 150  | 144.0     | 30.0      | 0.0          | 3.0       |
| koolzaadolie                    | 10   | 88.4      | 0.0       | 0.0          | 10.0      |
| Totaal:                         | 460  | 642       | 47(31.8%) | 87(58.8%)    | 14(9.5%)  |
| Maaltijd 6                      | Gram | Calorieën | Proteïne  | Koolhydraten | Vet       |
| wei, concentraat (bodylab whey) | 30   | 117.9     | 23.4      | 2.7          | 1.5       |
| dextrose (glucose)              | 40   | 160.0     | 0.0       | 40.0         | 0.0       |
| aminozuren, BCAA's              | 10   | 40.0      | 10.0      | 0.0          | 0.0       |
| Totaal:                         | 80   | 317       | 33(43.4%) | 42(55.3%)    | 1(1.3%)   |
| Maaltijd 7                      | Gram | Calorieën | Proteïne  | Koolhydraten | Vet       |
| kwark, mager                    | 250  | 125.0     | 22.5      | 10.0         | 0.0       |
| walnoten                        | 30   | 202.5     | 4.2       | 3.6          | 18.9      |
| kersen                          | 30   | 18.9      | 0.3       | 4.8          | 0.0       |
| Totaal:                         | 310  | 345       | 26(42.6%) | 17(27.9%)    | 18(29.5%) |

| Totaal calorieën | Totaal proteïne | Total koolhydraten | Totaal vet |
|------------------|-----------------|--------------------|------------|
| 3569             | 236             | 421                | 98         |
|                  | 31.3%           | 55.8%              | 13.0%      |