	Maandag	Dinsdag	Woensdag	Donderdag	Vrijdag	Zaterdag	Zondag
08:00	Zink/Magn./B6, 0.5L water, Super shake (900 Kcal) 2 bruine boter-hammen	Zink/Magn./B6, 0.5L water, Super shake (900 Kcal) 2 bruine boter-hammen	Zink/Magn./B6, 0.5L water, Super shake (900 Kcal) 2 bruine boter-hammen	Zink/Magn./B6, 0.5L water, Super shake (900 Kcal) 2 bruine boter-hammen	Zink/Magn./B6, 0.5L water, Super shake (900 Kcal) 2 bruine boter-hammen	Zink/Magn./B6, 0.5L water, Super shake (900 Kcal) 2 bruine boter-hammen	Zink/Magn./B6, 0.5L water, Super shake (900 Kcal) 2 bruine boter-hammen
10:00	2 broodjes kip, of ei	2 broodjes kip, of ei	2 broodjes kip, of ei	2 broodjes kip, of ei	2 broodjes kip, of ei	2 broodjes kip, of ei	2 broodjes kip, of ei
12:00	2 broodjes kip, 1 Whey shake (600 Kcal) + amino's	2 broodjes kip, 1 Whey shake (600 Kcal) + amino's	2 broodjes kip, 1 Whey shake (600 Kcal) + amino's	2 broodjes kip, 1 Whey shake (600 Kcal) + amino's	2 broodjes kip, 1 Whey shake (600 Kcal) + amino's	2 broodjes kip, 1 Whey shake (600 Kcal) + amino's	2 broodjes kip, 1 Whey shake (600 Kcal) + amino's
14:00	pasta + vers fruit, amino's	pasta + vers fruit, amino's	pasta + vers fruit, amino's	pasta + vers fruit, amino's	pasta + vers fruit, amino's	pasta + vers fruit, amino's	pasta + vers fruit, amino's
16:00	Zink/Magn./B6, 0.5L water, Whey shake (600 Kcal)	Zink/Magn./B6, 0.5L water, Whey shake (600 Kcal)	Zink/Magn./B6, 0.5L water, Whey shake (600 Kcal)	Zink/Magn./B6, 0.5L water, Whey shake (600 Kcal)	Zink/Magn./B6, 0.5L water, Whey shake (600 Kcal)	Zink/Magn./B6, 0.5L water, Whey shake (600 Kcal)	Zink/Magn./B6, 0.5L water, Whey shake (600 Kcal)
18:00	Pasta + amino's	Aardappelen, groente, vlees + amino's	Pasta + amino's	Aardappelen, groente, vlees + amino's	Pasta + amino's	Soep, broodje kebab of Pizza + amino's	Aardappelen, groente, vlees + amino's
20:00	2 liter water tijdens training + amino's 4500mg	2 liter water tijdens training + amino's 4500mg	2 liter water tijdens training + amino's 4500mg	2 liter water tijdens training + amino's 4500mg		2 liter water tijdens training + amino's 4500mg	
22:00	± 300 gr. Gebakken kipfilet, 1 Whey shake + amino's	± 300 gr. Gebakken kipfilet, 1 Whey shake + amino's	± 300 gr. Gebakken kipfilet, 1 Whey shake + amino's	± 300 gr. Gebakken kipfilet, 1 Whey shake + amino's	± 300 gr. Gebakken kipfilet, 1 Whey shake + amino's	± 300 gr. Gebakken kipfilet, 1 Whey shake + amino's	± 300 gr. Gebakken kipfilet, 1 Whey shake + amino's
00:00	Zink/Magn./B6, 0.5L water kwark	Zink/Magn./B6, 0.5L water kwark	Zink/Magn./B6, 0.5L water kwark	Zink/Magn./B6, 0.5L water kwark	Zink/Magn./B6, 0.5L water kwark	Zink/Magn./B6, 0.5L water kwark	Zink/Magn./B6, 0.5L water kwark