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VOEDINGS- SCHEMA

2100 KCAL

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* Drink met mate: niet meer dan 1 glas per keer en liever niet vaker dan 5 keer per week.

1

| | Kcal | Koolhydraten | Elwitten | Vetten |
|---|------------|--------------|-----------|-----------|
| Ontbijt: Exotische mangosmoothie | 326 | 48 | 20 | 6 |
| Havermout (30 gram) | 114 | 20 | 4 | 2 |
| Halve kleine banaan | 38 | 8 | 1 | 0 |
| Magere kwark (75 gram) | 48 | 3 | 8 | 1 |
| Halfvolle melk (200 ml) | 93 | 10 | 7 | 3 |
| Mango (50 gram) | 33 | 7 | 0 | 0 |
| Tussendoor ochtend | 165 | 25 | 4 | 5 |
| 1 kleine appel | 42 | 10 | 0 | 0 |
| Volkoren mueslibrood (1 snee) | 103 | 15 | 4 | 3 |
| Halvarine (1 beleg voor 1 snee) | 18 | 0 | 0 | 2 |
| Lunch: Gourmet sandwich met geitenkaas en honing | 400 | 47 | 16 | 15 |
| Pistolet volkoren (1 stuk) | 182 | 36 | 7 | 1 |
| Halvarine (1 beleg voor 1 snee) | 18 | 0 | 0 | 2 |
| Rucolasla (1 handje) | 4 | 1 | 0 | 0 |
| Honing (1 beleg voor 1 snee) | 48 | 12 | 0 | 0 |
| Geitenkaas 50+ (40 gram) | 148 | 0 | 9 | 12 |



| | Kcal | Koolhydraten | Elwitten | Vetten |
|--|-------------|---------------------|-----------------|---------------|
| <i>Tussendoor: Scandinavische special met cottage cheese en aardbeien</i> | 222 | 25 | 8 | 10 |
| Knäckebröd volkoren (3 stuks) | 103 | 19 | 3 | 1 |
| Cottage cheese (40 gram) | 35 | 0 | 5 | 3 |
| Aardbeien (50 gram) | 30 | 6 | 0 | 0 |
| Halvarine (3 beleg voor 3 snee) | 54 | 0 | 0 | 6 |

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|---|------------|-----------|-----------|-----------|
| <i>Diner: Thai streetfood kokoscurry</i> | 626 | 60 | 48 | 16 |
| Zoete aardappel (200 gram) | 220 | 48 | 3 | 0 |
| Kipfilet (150 gram) | 165 | 0 | 35 | 3 |
| Broccoli (100 gram) | 23 | 2 | 3 | 0 |
| 1 rode ui | 18 | 2 | 0 | 0 |
| Knoflook (1 teen) | 3 | 1 | 0 | 0 |
| Kokosmelk (50 ml) | 85 | 1 | 1 | 8 |
| Champignons (125 gram) | 38 | 4 | 4 | 0 |
| Thaise groene currypasta (kwart pakje) | 29 | 2 | 2 | 0 |
| Bak en braad vloeibaar (halve eetlepel) | 45 | 0 | 0 | 5 |

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|---|------------|-----------|-----------|----------|
| <i>Tussendoor avond: Strawberry crunch</i> | 352 | 30 | 26 | 5 |
| Magere kwark (225 gram) | 144 | 9 | 23 | 1 |
| Aardbeien (25 gram) | 15 | 3 | 0 | 0 |
| Granola (25 gram) | 111 | 15 | 3 | 4 |
| | | | | |
| Optioneel: | | | | |
| Rode wijn* (klein glaasje) | 82 | 3 | 0 | 0 |

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|----------------|-------------|------------|------------|-----------|
| Totaal: | 2110 | 236 | 123 | 57 |
|----------------|-------------|------------|------------|-----------|



* Indien je geen blender hebt kun je de ingrediënten ook gewoon zo opeten. Een blender is al wel voor 20 euro aan te schaffen.

** Snacktomaten kun je bijvoorbeeld afwisselen met komkommer, wortels of andere groente.

| | Kcal | Koolhydraten | Elwitten | Vetten |
|--------------------------------|------------|--------------|-----------|----------|
| Ontbijt: Smoothie* | 338 | 51 | 21 | 6 |
| Halfvolle melk (200 ml) | 94 | 10 | 7 | 3 |
| Havermout (30 gram) | 114 | 20 | 4 | 2 |
| Halve kleine banaan | 38 | 9 | 1 | 0 |
| Magere kwark (75 gram) | 48 | 3 | 8 | 1 |
| Pitloze rode druiven (50 gram) | 38 | 9 | 1 | 0 |

| | | | | |
|--|------------|-----------|-----------|----------|
| Tussendoor ochtend: Boterham met gepureerde mango en banaan | 288 | 44 | 10 | 5 |
| Mango (75 gram) | 50 | 11 | 1 | 0 |
| Halve banaan | 38 | 9 | 1 | 0 |
| Volkorenbrood (2 snee) | 164 | 14 | 8 | 1 |
| Halvarine (2 beleg voor 2 snee) | 36 | 0 | 0 | 4 |

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|----------------------------------|------------|-----------|-----------|-----------|
| Lunch: Mueslibol met kaas | 385 | 44 | 17 | 15 |
| Volkoren mueslibol (2 stuks) | 290 | 44 | 11 | 7 |
| Halvarine (2 beleg voor 2 snee) | 36 | 0 | 0 | 4 |
| 30+-kaas (20 gram) | 59 | 0 | 6 | 4 |

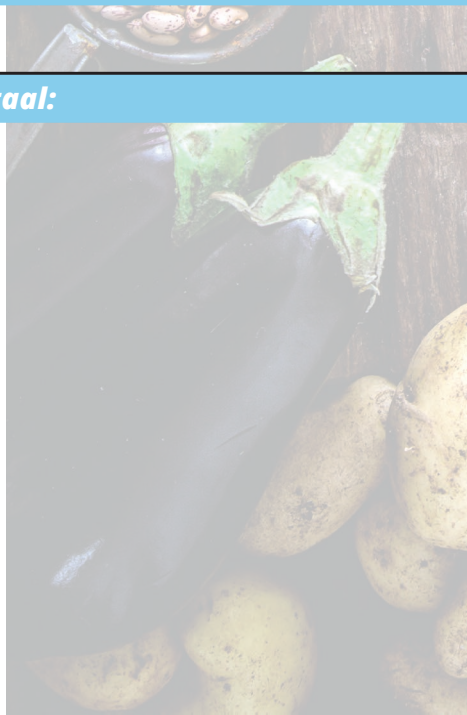


| | Kcal | Koolhydraten | Eiwitten | Vetten |
|---------------------------------|-------------|---------------------|-----------------|---------------|
| <i>Tussendoor middag</i> | 159 | 4 | 4 | 14 |
| Walnoten (20 gram) | 144 | 2 | 3 | 14 |
| Snacktomaten (100 gram)** | 15 | 2 | 1 | 0 |

| | | | | |
|--|------------|-----------|-----------|-----------|
| <i>Diner: Spaanse stoofmaaltijd</i> | 641 | 83 | 45 | 16 |
| Gele paprika (1 stuk) | 18 | 3 | 1 | 0 |
| Kikkererwten (75 gram) | 92 | 13 | 6 | 2 |
| Kipfilet (150 gram) | 138 | 0 | 29 | 2 |
| Prei gekookt (50 gram) | 11 | 1 | 1 | 0 |
| Rode peper (halve) | 15 | 2 | 0 | 0 |
| Zwarte peper/zout | 3 | 1 | 0 | 0 |
| Italiaanse kruiden (1 theelepel) | 2 | 0 | 0 | 0 |
| Tomaten (150 gram; 2 stuks) | 31 | 4 | 1 | 0 |
| Zilvervliesrijst (80 gram) | 286 | 59 | 7 | 2 |
| Bak en braad vloeibaar (1 eetlepel) | 90 | 0 | 0 | 10 |

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|--------------------------------|------------|-----------|-----------|----------|
| <i>Tussendoor avond</i> | 278 | 38 | 20 | 3 |
| Kaneel (1 snufje) | 3 | 1 | 0 | 0 |
| Mandarijn (1 stuk) | 14 | 3 | 0 | 0 |
| Magere kwark (150 gram) | 96 | 6 | 15 | 1 |
| Muesli (45 gram) | 155 | 28 | 5 | 2 |

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|-----------------------|-------------|------------|------------|-----------|
| <i>Totaal:</i> | 2134 | 264 | 117 | 59 |
|-----------------------|-------------|------------|------------|-----------|



* Varieer genoemd diepvriesfruit met gewoon fruit of ander diepvriesfruit. Matig met gedroogd fruit, hier is onder andere vaak veel suiker aan toegevoegd.

** Kies voor pindakaas zonder palmvet en toegevoegd zout. Dit is gezonder en smaakt ook nog eens beter.

*** Het liefst zoutarm.

**** Zie <https://www.fit.nl/recept/banaan-eiwit-koekjes>.

| | Kcal | Koolhydraten | Elwitten | Vetten |
|--|------------|--------------|-----------|-----------|
| Ontbijt: Smoothie | 333 | 49 | 16 | 7 |
| Sojamelk (200 ml) | 78 | 5 | 6 | 3 |
| Havermout (30 gram) | 113 | 20 | 3 | 3 |
| 1 kleine banaan | 76 | 17 | 1 | 0 |
| Magere kwark (50 gram) | 32 | 2 | 5 | 1 |
| Diepvriesbramen* (60 gram) | 34 | 5 | 1 | 0 |
| Tussendoor ochtend: Stukjes appel met pindakaas | 143 | 11 | 4 | 9 |
| 1 kleine appel | 42 | 9 | 0 | 0 |
| Pindakaas** (15 gram) | 101 | 2 | 4 | 9 |
| Lunch: Tosti met ham en kaas | 380 | 31 | 25 | 16 |
| Volkorenbrood (2 snee) | 164 | 27 | 8 | 2 |
| Halvarine (2 beleg voor 2 snee) | 36 | 0 | 0 | 4 |
| Gegrilde beenham (2 plakjes) | 45 | 1 | 5 | 2 |
| Italiaanse kruiden (1 theelepeltje) | 3 | 0 | 0 | 0 |
| Ketchup (1 eetlepel) | 14 | 3 | 0 | 0 |
| 30+-kaas (40 gram) | 118 | 0 | 12 | 8 |

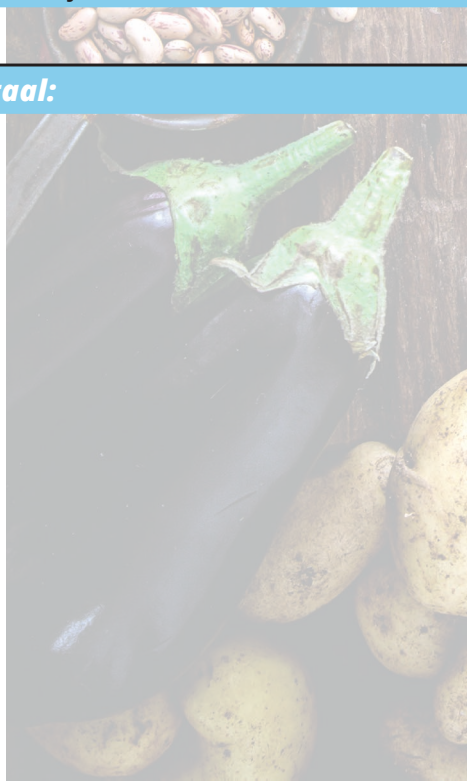


| | Kcal | Koolhydraten | Elwitten | Vetten |
|------------------------------------|-------------|---------------------|-----------------|---------------|
| <i>Tussendoor middag</i> | 235 | 28 | 8 | 8 |
| Tomatenspread, Zonnatura (30 gram) | 26 | 0 | 0 | 2 |
| Volkorenboterham (2 snee) | 164 | 28 | 8 | 2 |
| Halvarine (2 beleg voor 2 snee) | 36 | 0 | 0 | 4 |

| | | | | |
|---|------------|-----------|-----------|-----------|
| <i>Diner: Pasta met tonijn</i> | 722 | 69 | 60 | 18 |
| Tonijnstukken in water (1 blikje) | 140 | 0 | 34 | 1 |
| Bak- en braadvet vloeibaar (1 eetlepel) | 90 | 0 | 0 | 10 |
| Volkoren spaghetti (80 gram) | 264 | 52 | 10 | 2 |
| Halve ui | 13 | 2 | 0 | 0 |
| Knoflook (1 teentje) | 3 | 1 | 0 | 0 |
| Parmezaanse kaas (20 gram) | 81,0 | 0 | 8 | 5 |
| Tomatenpuree (35 gram) | 28 | 5 | 1 | 0 |
| Rode wijn (30 ml) | 24 | 0 | 0 | 0 |
| Kippenbouillon (0.5 tablet)*** | 10 | 1 | 1 | 0 |
| Tomatenblokjes (100 gram) | 24 | 3 | 1 | 0 |
| Broccoli (200 gram) | 45 | 5 | 5 | 0 |

| | | | | |
|----------------------------------|------------|-----------|-----------|----------|
| <i>Tussendoor avond</i> | 266 | 38 | 17 | 6 |
| Banaaneiwitkoekjes**** (4 stuks) | 252 | 35 | 17 | 6 |
| Mandarijn (1 stuk) | 14 | 3 | 0 | 0 |

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|-----------------------|-------------|------------|------------|-----------|
| <i>Totaal:</i> | 2079 | 226 | 130 | 64 |
|-----------------------|-------------|------------|------------|-----------|



* Volkorenbrood kun je ook afwisselen met bijvoorbeeld roggebrood of meergranen stokbrood/pistolet. Zie handleiding voor meer.

| | Kcal | Koolhydraten | Elwitten | Vetten |
|--|-------------|---------------------|-----------------|---------------|
| <i>Ontbijt: Omelet met brood</i> | 367 | 31 | 19 | 19 |
| Volkorenbrood* (2 snee) | 163 | 28 | 7 | 2 |
| Halvarine (2 beleg voor 2 snee) | 36 | 0 | 0 | 4 |
| 1 gebakken ei | 106 | 1 | 6 | 9 |
| 30+-kaas (20 gram) | 56 | 0 | 6 | 4 |
| Italiaanse kruiden (1 theelepel) | 3 | 1 | 0 | 0 |
| Zwarte peper (1 theelepel) | 3 | 1 | 0 | 0 |
| <i>Tussendoor ochtend</i> | 229 | 23 | 11 | 10 |
| 1 kiwi | 51 | 9 | 1 | 1 |
| Volkorenbrood* (1 snee) | 82 | 14 | 4 | 1 |
| Halvarine (1 beleg voor 1 snee) | 18 | 0 | 0 | 2 |
| 30+-kaas (20 gram) | 56 | 0 | 6 | 4 |
| Groene pesto (1 theelepel) | 22 | 0 | 0 | 2 |
| <i>Lunch: Pistolet met tonijn</i> | 433 | 49 | 31 | 13 |
| Pistolet volkoren (1 stuk) | 182 | 36 | 7 | 1 |
| Halvarine (1 beleg voor 1 snee) | 18 | 0 | 0 | 2 |
| Tonijnstukken in water (half blikje) | 70 | 0 | 17 | 1 |
| Halvanaise (1 eetlepel) | 62 | 2 | 0 | 6 |
| Komkommer (30 gram) | 4 | 0 | 0 | 0 |
| Zwarte peper (1 theelepel) | 3 | 1 | 0 | 0 |
| Halfvolle melk (200 ml) | 94 | 10 | 7 | 3 |

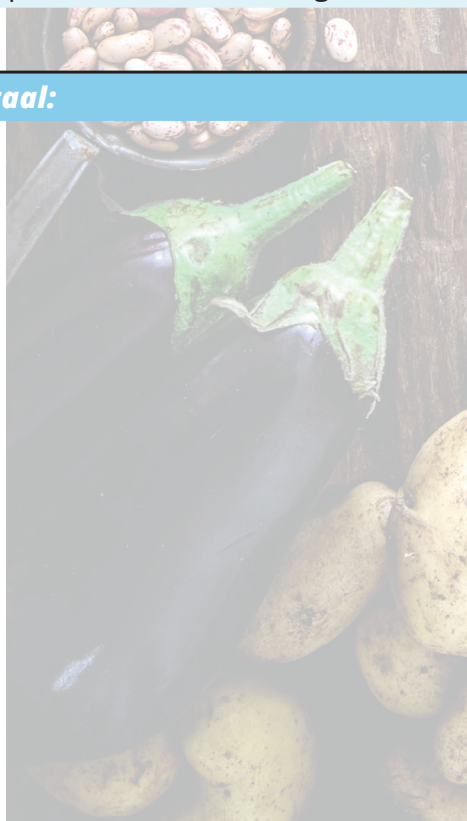


| | Kcal | Koolhydraten | Elwitten | Vetten |
|--------------------------------------|-------------|---------------------|-----------------|---------------|
| <i>Tussendoor middag</i> | 174 | 19 | 4 | 9 |
| 1 granolakoekje (De Graanschuur, AH) | 79 | 10 | 2 | 3 |
| Ongezouten elitehaver (20 gram) | 95 | 9 | 2 | 6 |

| | | | | |
|--|------------|-----------|-----------|-----------|
| <i>Diner: Spaghetti met kip, rode pesto en andijvie</i> | 635 | 60 | 51 | 20 |
| Kipfilet (150 gram) | 165 | 0 | 35 | 2 |
| Diepvriesandijvie (225 gram) | 36 | 2 | 5 | 0 |
| Rode pesto (15 gram) | 58 | 1 | 1 | 6 |
| Knoflook (1 teentje) | 3 | 1 | 0 | 0 |
| Halve ui | 13 | 2 | 0 | 0 |
| Volkoren spaghetti (80 gram) | 264 | 52 | 10 | 2 |
| Italiaanse kruiden (1 theelepel) | 3 | 1 | 0 | 0 |
| Zwarte peper (1 theelepel) | 3 | 1 | 0 | 0 |
| Bak en braad vloeibaar (1 eetlepel) | 90 | 0 | 0 | 10 |

| | | | | |
|---------------------------------|------------|-----------|-----------|----------|
| <i>Tussendoor avond</i> | 241 | 40 | 11 | 3 |
| Magere yoghurt (150 gram) | 56 | 6 | 6 | 1 |
| Muesli (45 gram) | 155 | 28 | 5 | 2 |
| (Diepvries)aardbeien (100 gram) | 30 | 6 | 0 | 0 |

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|-----------------------|-------------|------------|------------|-----------|
| <i>Totaal:</i> | 2079 | 222 | 127 | 74 |
|-----------------------|-------------|------------|------------|-----------|



* Zie de handleiding voor het recept.
 ** Bak- en braadvet vloeibaar is belangrijk voor onder andere vitamine A, net als halvarine. Zie de handleiding voor meer informatie over de richtlijnen.
 *** Kies voor de zoutarme variant.

| | Kcal | Koolhydraten | Elwitten | Vetten |
|---------------------------------------|-------------|---------------------|-----------------|---------------|
| Ontbijt: Kwark | 415 | 59 | 30 | 6 |
| Magere kwark (150 gram) | 96 | 6 | 15 | 1 |
| Pitloze rode druiven (50 gram) | 38 | 9 | 2 | 0 |
| Muesli (45 gram) | 155 | 28 | 5 | 2 |
| 2 banaaneiwitkoekjes* | 126 | 16 | 8 | 3 |
| Tussendoor ochtend | 200 | 17 | 7 | 11 |
| Volkorenbrood (1 snee) | 82 | 14 | 4 | 1 |
| Halvarine (1 beleg voor 1 snee) | 18 | 0 | 0 | 2 |
| Hummus (1 beleg voor 1 snee) | 50 | 1 | 1 | 4 |
| Avocado (25 gram) | 50 | 2 | 2 | 4 |
| Lunch: Eiwitpannenkoek* | 468 | 44 | 22 | 23 |
| Bak en braad vloeibaar** (1 eetlepel) | 90 | 0 | 0 | 10 |
| 2 eieren | 154 | 2 | 14 | 10 |
| 1 kleine banaan | 76 | 18 | 2 | 0 |
| Havermout (40 gram) | 148 | 24 | 6 | 3 |

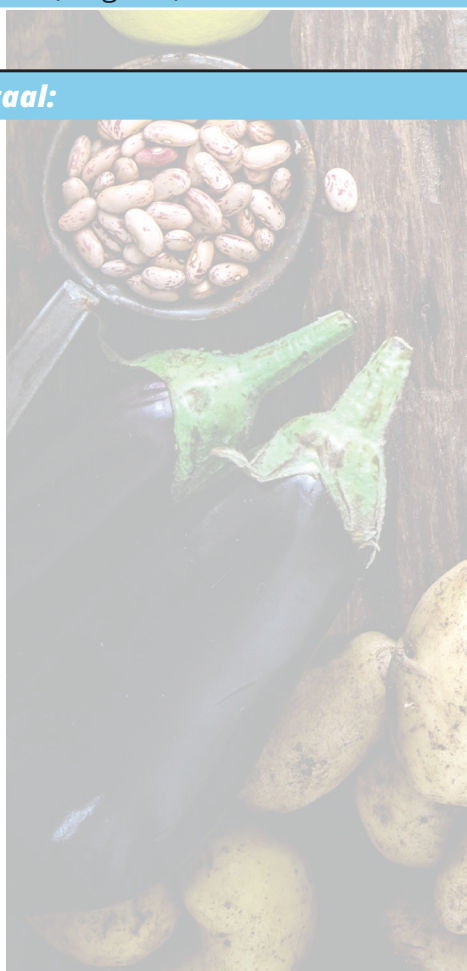


| | Kcal | Koolhydraten | Elwitten | Vetten |
|---------------------------------|-------------|---------------------|-----------------|---------------|
| <i>Tussendoor middag</i> | 173 | 23 | 3 | 5 |
| Knäckebröd volkoren (3 stuks) | 103 | 19 | 3 | 1 |
| Zuivelspread light (30 gram) | 50 | 2 | 0 | 4 |
| Tomaat (6 plakjes) | 20 | 2 | 0 | 0 |

| | | | | |
|--|------------|-----------|-----------|-----------|
| <i>Diner: Zoete aardappel, kip en champignons</i> | 549 | 54 | 47 | 12 |
| Kipfilet (150 gram) | 165 | 0 | 35 | 2 |
| Kippenbouillon (0.5 tablet) *** | 10 | 1 | 1 | 0 |
| Champignons (150 gram) | 33 | 1 | 6 | 0 |
| Cherrytomaten (100 gram) | 31 | 4 | 1 | 0 |
| Bak- en braadvet vloeibaar (1 eetlepel) | 90 | 0 | 0 | 10 |
| Zoete aardappel (200 gram) | 220 | 48 | 4 | 0 |

| | | | | |
|---|------------|-----------|-----------|----------|
| <i>Tussendoor avond</i> | 293 | 52 | 14 | 2 |
| Optimel magere kwark, bv aardbei (150 gram) | 62 | 7 | 8 | 0 |
| Muesli (45 gram) | 155 | 28 | 5 | 2 |

| | | | | |
|-----------------------|-------------|------------|------------|-----------|
| <i>Totaal:</i> | 2053 | 249 | 123 | 54 |
|-----------------------|-------------|------------|------------|-----------|



* Zie de handleiding voor de uitleg.

| | Kcal | Koolhydraten | Elwitten | Vetten |
|---|------------|--------------|-----------|-----------|
| Ontbijt: Pitabroodje met champignons | 486 | 59 | 20 | 17 |
| Volkoren pitabrood (middelgroot; 2 stuks) | 246 | 50 | 10 | 2 |
| Halvarine (2 beleg voor 2 snee) | 36 | 0 | 0 | 4 |
| Champignons (100 gram) | 54 | 0 | 2 | 4 |
| Ui (halve) | 13 | 2 | 0 | 0 |
| 1 tomaat | 14 | 2 | 1 | 0 |
| 2 handjes rucolasla | 10 | 0 | 2 | 0 |
| Kipfilet broodbeleg (2 plakjes) | 39 | 1 | 5 | 1 |
| Zelfgemaakte knoflooksaus* (2 eetlepels) | 74 | 4 | 0 | 6 |
| Tussendoor ochtend: Boterham met stukjes appel | 142 | 23 | 4 | 3 |
| Volkorenbrood (1 snee) | 82 | 14 | 4 | 1 |
| 1 kleine appel | 42 | 9 | 0 | 0 |
| Halvarine (1 beleg voor 1 snee) | 18 | 0 | 0 | 2 |
| Lunch: Pastasalade met smoothie | 358 | 50 | 21 | 5 |
| Rucola (0.5 zakje) | 9 | 1 | 0 | 0 |
| 1 rode paprika | 22 | 4 | 1 | 0 |
| Komkommer (80 gram) | 10 | 1 | 1 | 0 |
| Rode ui (halve) | 9 | 1 | 0 | 0 |
| Honingmosterdsaus (1 eetlepel) | 45 | 4 | 0 | 2 |
| Volkoren penne (40 gram) | 138 | 26 | 6 | 0 |
| Smoothie: | | | | |
| Magere kwark (75 gram) | 48 | 3 | 8 | 1 |
| Aardbeien (50 gram) | 15 | 3 | 0 | 0 |
| Hafvolle melk (150 ml) | 71 | 8 | 5 | 2 |

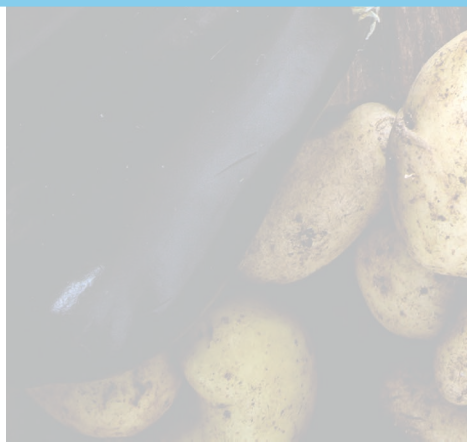


| | Kcal | Koolhydraten | Elwitten | Vetten |
|--|-------------|---------------------|-----------------|---------------|
| <i>Tussendoor middag: Tosti</i> | 267 | 29 | 14 | 12 |
| Volkorenbrood (2 snee) | 164 | 28 | 8 | 1 |
| Halvarine (2 beleg voor 2 snee) | 36 | 0 | 0 | 4 |
| 1 theelepel groene pesto | 29 | 1 | 0 | 3 |
| 30+-kaas (20 gram) | 56 | 0 | 6 | 4 |

| | | | | |
|--|------------|-----------|-----------|-----------|
| <i>Diner: Pasta mager gehakt en tomatensaus</i> | 516 | 50 | 27 | 20 |
| Mager rundergehakt (100 gram) | 185 | 0 | 19 | 12 |
| Bak en braad vloeibaar (halve eetlepel) | 46 | 0 | 0 | 5 |
| Ui (halve) | 13 | 2 | 0 | 1 |
| 1 teentje knoflook | 3 | 1 | 0 | 0 |
| Runderbouillonblokje (half blokje) | 5 | 1 | 0 | 0 |
| Italiaanse kruidenmix (1 theelepel) | 3 | 0 | 0 | 0 |
| Tomatenpuree (35 gram) | 28 | 5 | 1 | 0 |
| Tomatenketchup (50 gram) | 51 | 12 | 0 | 0 |
| Rode wijn (30 ml) | 24 | 0 | 0 | 0 |
| Tomatenblokjes (100 gram) | 23 | 4 | 1 | 0 |
| Zwarte peper (1 theelepel) | 3 | 1 | 0 | 0 |
| Volkoren spaghetti (40 gram) | 132 | 24 | 6 | 2 |

| | | | | |
|-----------------------------------|------------|-----------|-----------|----------|
| <i>Tussendoor avond</i> | 310 | 37 | 21 | 9 |
| Griekse yoghurt 0% vet (150 gram) | 86 | 6 | 16 | 1 |
| Walnoten (10 gram) | 72 | 1 | 2 | 7 |
| Honing (15 gram) | 48 | 12 | 0 | 0 |
| Muesli (30 gram) | 104 | 18 | 3 | 1 |

| | | | | |
|-----------------------|-------------|------------|------------|-----------|
| <i>Totaal:</i> | 2075 | 248 | 108 | 66 |
|-----------------------|-------------|------------|------------|-----------|



* Neem het liefst 1 keer per week vette vis, zoals zalm of makreel. Let op dat gerookte zalm wel veel zout bevat. Je kunt ook kiezen voor diepvrieszalm, deze is minder zout.

| | Kcal | Koolhydraten | Elwitten | Vetten |
|---|------------|--------------|-----------|-----------|
| Ontbijt: Smoothie & boterham | 489 | 57 | 30 | 14 |
| Magere kwark (75 gram) | 48 | 3 | 8 | 0 |
| Halfvolle melk (200 ml) | 94 | 10 | 7 | 3 |
| Havermout (25 gram) | 94 | 15 | 4 | 2 |
| Diepvriesbramen (60 gram) | 34 | 5 | 1 | 0 |
| Diepvriesboerenkool (50 gram) | 23 | 2 | 2 | 1 |
| Cacaopoeder (10 gram) | 37 | 8 | 1 | 0 |
| Volkorenbrood (1 snee) | 82 | 14 | 4 | 1 |
| Halvarine (1 beleg voor 1 snee) | 18 | 0 | 0 | 2 |
| 30+-kaas (10 gram) | 28 | 0 | 3 | 2 |
| Groene pesto (1 theelepel) | 31 | 0 | 0 | 3 |
| Tussendoor ochtend | 182 | 17 | 14 | 8 |
| Volkoren rijstwafels (2 stuks) | 76 | 15 | 2 | 1 |
| Achterham (2 plakjes) | 46 | 0 | 8 | 2 |
| Pindakaas (10 gram) | 60 | 2 | 2 | 5 |
| Lunch: Tosti geitenkaas | 323 | 30 | 13 | 15 |
| Halvarine (2 beleg voor 2 snee) | 36 | 0 | 0 | 4 |
| Geitenkaas 50+ (30 gram) | 111 | 0 | 6 | 9 |
| Tomatenketchup (10 gram) | 10 | 2 | 0 | 0 |
| Italiaanse kruiden (1 theelepel) | 3 | 0 | 0 | 0 |
| Volkorenbrood (2 snee) | 163 | 28 | 7 | 2 |

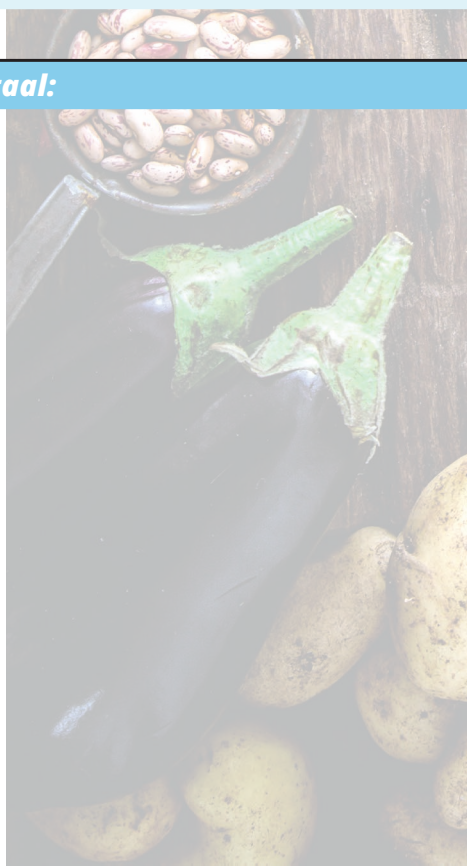


| | Kcal | Koolhydraten | Elwitten | Vetten |
|---------------------------------|-------------|---------------------|-----------------|---------------|
| <i>Tussendoor middag</i> | 168 | 22 | 3 | 6 |
| 1 kleine appel | 42 | 9 | 0 | 0 |
| Cherrytomaten (100 gram) | 36 | 4 | 1 | 0 |
| Ongezouten elitehaver (20 gram) | 95 | 9 | 2 | 6 |

| | | | | |
|-----------------------------------|------------|-----------|-----------|-----------|
| <i>Diner: Zalmwrap</i> | 602 | 54 | 33 | 21 |
| Gerookte zalm* (100 gram) | 185 | 0 | 22 | 11 |
| Tortillawrap meergranen (2 stuks) | 248 | 42 | 6 | 6 |
| Roomkaas light (30 gram) | 40 | 1 | 2 | 3 |
| Cherrytomaten (100 gram) | 36 | 4 | 1 | 0 |
| Rucola (1 zakje) | 20 | 2 | 1 | 0 |
| Halve ui | 13 | 2 | 0 | 1 |
| Komkommer (80 gram) | 10 | 1 | 1 | 0 |

| | | | | |
|---|------------|-----------|-----------|----------|
| <i>Tussendoor avond</i> | 293 | 52 | 14 | 2 |
| Optimel magere kwark, bv aardbei (150 gram) | 62 | 7 | 8 | 0 |
| Muesli (45 gram) | 155 | 28 | 5 | 2 |
| 1 kleine banaan | 76 | 17 | 1 | 0 |

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|-----------------------|-------------|------------|------------|-----------|
| <i>Totaal:</i> | 2052 | 231 | 108 | 68 |
|-----------------------|-------------|------------|------------|-----------|



| | Kcal | Koolhydraten | Elwitten | Vetten |
|--------------------------------------|------------|--------------|-----------|----------|
| Ontbijt: Kwark & bolletje | 469 | 68 | 29 | 7 |
| Muesli (45 gram) | 155 | 28 | 5 | 2 |
| 1 kleine banaan (80 gram) | 76 | 17 | 1 | 0 |
| Magere kwark (150 gram) | 96 | 6 | 15 | 1 |
| Volkorenbolletje (1 stuk) | 105 | 17 | 5 | 1 |
| Halvarine (1 beleg voor 1 snee) | 18 | 0 | 0 | 2 |
| Fricandeau (1 plakje) | 19 | 0 | 3 | 1 |

| | | | | |
|--|------------|-----------|----------|----------|
| Tussendoor ochtend: Appel met pinda- kaas | 132 | 12 | 3 | 8 |
| 1 kleine appel | 42 | 9 | 0 | 0 |
| Pindakaas (15 gram) | 90 | 3 | 3 | 8 |

| | | | | |
|---------------------------------|------------|-----------|-----------|-----------|
| Lunch: Sandwich hummus | 341 | 32 | 17 | 15 |
| Volkorenbrood (2 snee) | 164 | 27 | 8 | 2 |
| Halvarine (2 beleg voor 2 snee) | 37 | 1 | 0 | 4 |
| Hummus (1 beleg voor 1 snee) | 50 | 3 | 1 | 4 |
| Tomaat (3 plakjes) | 9 | 1 | 0 | 0 |
| Rucola (1 handje) | 4 | 0 | 1 | 0 |
| Gekookt ei (1 stuk, in plakjes) | 77 | 0 | 7 | 5 |



| | Kcal | Koolhydraten | Elwitten | Vetten |
|----------------------------------|-------------|---------------------|-----------------|---------------|
| <i>Tussendoor middag</i> | 209 | 41 | 7 | 3 |
| Knäckebröd volkoren (4 stuks) | 136 | 28 | 4 | 0 |
| Cottage cheese (40 gram) | 37 | 5 | 3 | 3 |
| Aardbeien (12 stuks, in stukjes) | 36 | 8 | 0 | 0 |

| | | | | |
|---|------------|-----------|-----------|-----------|
| <i>Diner: Thaise kipcurry</i> | 664 | 73 | 50 | 18 |
| Rode currypoeder (2 theelepels) | 10 | 2 | 0 | 0 |
| Cayennepeper (1 theelepel) | 4 | 1 | 0 | 0 |
| Zilvervliesrijst (80 gram) | 286 | 59 | 7 | 2 |
| Kipfilet (150 gram) | 165 | 0 | 35 | 3 |
| Broccoli (200 gram) | 45 | 4 | 7 | 0 |
| Gember, gemalen (1 theelepel) | 4 | 1 | 0 | 0 |
| Zwarte peper (1 theelepel) | 4 | 1 | 0 | 0 |
| Halve ui | 13 | 3 | 0 | 0 |
| Knoflook (1 teentje) | 3 | 1 | 0 | 0 |
| Bak en braad vloeibaar (halve eetlepel) | 45 | 0 | 0 | 5 |
| Kokosmelk (50 ml) | 85 | 1 | 1 | 8 |

| | | | | |
|--|------------|-----------|-----------|----------|
| <i>Tussendoor avond: Smoothie</i> | 266 | 33 | 19 | 6 |
| Magere kwark (75 gram) | 48 | 3 | 8 | 1 |
| Diepvriesaardbeien (40 gram) | 12 | 2 | 0 | 0 |
| Havermout (30 gram) | 112 | 18 | 4 | 2 |
| Halfvolle melk (200 ml) | 94 | 10 | 7 | 3 |

| | | | | |
|-----------------------|-------------|------------|------------|-----------|
| <i>Totaal:</i> | 2081 | 259 | 125 | 57 |
|-----------------------|-------------|------------|------------|-----------|



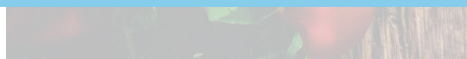
| | Kcal | Koolhydraten | Elwitten | Vetten |
|------------------------------|------------|--------------|-----------|----------|
| Ontbijt: Smoothie | 358 | 45 | 19 | 6 |
| Halfvolle melk (200 ml) | 94 | 10 | 7 | 3 |
| Havermout (30 gram) | 112 | 10 | 2 | 2 |
| 1 kleine banaan (80 gram) | 76 | 17 | 1 | 0 |
| Magere kwark (75 gram) | 48 | 3 | 8 | 1 |
| Diepvriesaardbeien (50 gram) | 28 | 5 | 1 | 0 |

| | | | | |
|-------------------------------|------------|-----------|----------|----------|
| Tussendoor ochtend | 211 | 32 | 9 | 5 |
| Knäckebröd volkoren (4 stuks) | 136 | 28 | 4 | 0 |
| Tomatenspread (15 gram) | 33 | 2 | 1 | 3 |
| Paprika (halve, in plakjes) | 12 | 2 | 1 | 0 |
| Geitenkaas 30+ (10 gram) | 30 | 0 | 3 | 2 |

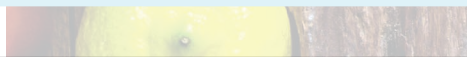
| | | | | |
|---|------------|-----------|-----------|-----------|
| Lunch: Tosti met kaas & broodje tonijn | 566 | 57 | 24 | 25 |
| Volkorenbrood (4 snee) | 326 | 55 | 14 | 3 |
| Halvarine (4 beleg voor 4 snee) | 72 | 0 | 0 | 8 |
| Tonijnsalade (30 gram) | 108 | 2 | 4 | 10 |
| Geitenkaas 30+ (20 gram) | 60 | 0 | 6 | 4 |



| | Kcal | Koolhydraten | Eiwitten | Vetten |
|---------------------------------|------------|--------------|----------|----------|
| Tussendoor middag | 141 | 14 | 2 | 8 |
| Ongezouten elitehaver (25 gram) | 124 | 11 | 2 | 8 |
| Snackwortels (50 gram) | 17 | 3 | 0 | 0 |



| | | | | |
|---|------------|-----------|-----------|-----------|
| Diner: Chili con carne | 600 | 54 | 38 | 23 |
| Chilibonen (200 gram) | 190 | 26 | 9 | 2 |
| Bak en braad vloeibaar (halve eetlepel) | 45 | 0 | 0 | 5 |
| 1 teen knoflook | 3 | 1 | 0 | 0 |
| Mager gehakt (125 gram) | 236 | 2 | 25 | 15 |
| Kruiden (zie handleiding) | 20 | 5 | 0 | 0 |
| Halve rode paprika | 12 | 2 | 1 | 0 |
| 1,5 tomaat | 23 | 4 | 1 | 1 |
| Tomatenpuree (35 gram) | 56 | 11 | 2 | 0 |
| Halve ui | 13 | 3 | 0 | 0 |



| | | | | |
|-----------------------------------|------------|-----------|-----------|----------|
| Tussendoor avond | 234 | 24 | 22 | 1 |
| Kaneel (1 snufje) | 3 | 1 | 0 | 0 |
| Mandarijn (1 stuk) | 14 | 3 | 0 | 0 |
| Griekse yoghurt 0% vet (200 gram) | 113 | 11 | 20 | 0 |
| Muesli (30 gram) | 104 | 9 | 2 | 1 |



| | | | | |
|----------------|-------------|------------|------------|-----------|
| Totaal: | 2110 | 227 | 114 | 68 |
|----------------|-------------|------------|------------|-----------|



| | Kcal | Koolhydraten | Elwitten | Vetten |
|--|------------|--------------|-----------|-----------|
| Ontbijt: Smoothie | 352 | 54 | 19 | 7 |
| Halfvolle melk (200 ml) | 94 | 10 | 7 | 3 |
| Havermout (30 gram) | 113 | 20 | 3 | 3 |
| 1 kleine banaan (80 gram) | 76 | 17 | 1 | 0 |
| Magere kwark (75 gram) | 48 | 3 | 8 | 1 |
| Diepvriesfruit, blauwe bessen (50 gram) | 21 | 4 | 0 | 0 |
| Tussendoor ochtend | 208 | 28 | 5 | 9 |
| 1 kleine appel | 42 | 10 | 0 | 0 |
| Notenpasta (15 gram) | 90 | 3 | 3 | 8 |
| Volkoren rijstwafels (2 stuks) | 76 | 15 | 2 | 1 |
| Lunch: Boterham met ei en avocado | 421 | 30 | 21 | 22 |
| Volkorenboterham (2 snee) | 164 | 28 | 8 | 1 |
| 2 eieren (in plakjes) | 128 | 0 | 12 | 8 |
| Halvarine (2 beleg voor 2 snee) | 36 | 0 | 0 | 4 |
| Avocado (kwart) | 90 | 1 | 1 | 9 |
| Zwarte peper (snuffje) | 3 | 1 | 0 | 0 |



| | Kcal | Koolhydraten | Elwitten | Vetten |
|---------------------------------|-------------|---------------------|-----------------|---------------|
| <i>Tussendoor middag</i> | 242 | 30 | 8 | 10 |
| Knäckebröd volkoren (4 stuks) | 136 | 28 | 4 | 0 |
| Tonijnsalade (30 gram) | 106 | 2 | 4 | 10 |



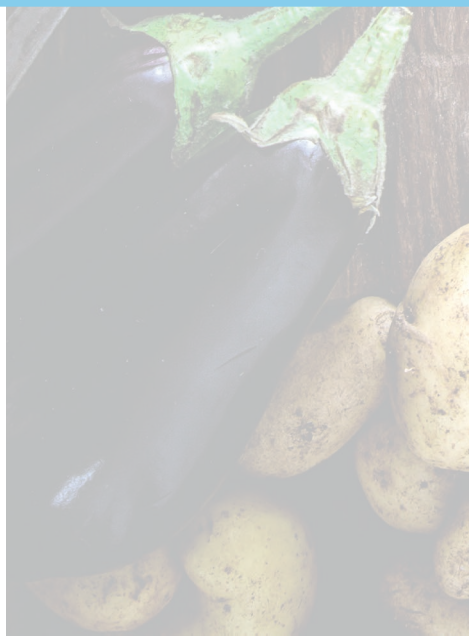
| | | | | |
|--|------------|-----------|-----------|-----------|
| <i>Diner: Gebakken aardappelen, kip en sperziebonen</i> | 591 | 47 | 45 | 20 |
| Gebakken aardappelen (200 gram) | 238 | 32 | 4 | 10 |
| Kipfilet (150 gram) | 165 | 0 | 35 | 2 |
| Sperziebonen (200 gram) | 50 | 4 | 4 | 0 |
| Kruiden (zie handleiding) | <20 | 5 | 0 | 0 |
| 1 tomaat | 16 | 2 | 1 | 0 |
| | | | | |
| Yoghurtsaus: | | | | |
| 1 eetlepel halvanaise | 80 | 2 | 0 | 8 |
| 1 eetlepel halfvolle yoghurt | 8 | 1 | 1 | 0 |
| 1 theelepel zwarte peper | 3 | 1 | 0 | 0 |
| 2 theelepels bieslook | 1 | 0 | 0 | 0 |



| | | | | |
|--------------------------------|------------|-----------|-----------|----------|
| <i>Tussendoor avond</i> | 266 | 37 | 20 | 3 |
| Magere kwark (150 gram) | 96 | 6 | 15 | 1 |
| Muesli (45 gram) | 155 | 28 | 5 | 2 |
| Diepvriesaardbeien (50 gram) | 15 | 3 | 0 | 0 |



| | | | | |
|-----------------------|-------------|------------|------------|-----------|
| <i>Totaal:</i> | 2100 | 226 | 119 | 71 |
|-----------------------|-------------|------------|------------|-----------|



* Neem het liefst 1 keer per week vette vis, zoals zalm of makreel.

11

| | Kcal | Koolhydraten | Elwitten | Vetten |
|------------------------------------|-------------|---------------------|-----------------|---------------|
| Ontbijt: Smoothie | 346 | 54 | 18 | 5 |
| Halfvolle melk (200 ml) | 94 | 10 | 7 | 3 |
| Haverhout (30 gram) | 104 | 20 | 2 | 1 |
| 1 kleine banaan (80 gram) | 76 | 17 | 1 | 0 |
| Magere kwark (75 gram) | 48 | 3 | 8 | 1 |
| Diepvriesfruit gemengd (60 gram) | 24 | 4 | 0 | 0 |
| Tussendoor ochtend | 110 | 17 | 3 | 4 |
| Volkoren rijstwafels (2 stuks) | 76 | 15 | 2 | 1 |
| Tomatenspread (15 gram) | 33 | 2 | 1 | 3 |
| Basilicum (1 theelepel) | 1 | 0 | 0 | 0 |
| Lunch: Sandwich met avocado | 504 | 48 | 13 | 28 |
| Volkorenboterham (3 snee) | 245 | 41 | 11 | 2 |
| 1 tomaat (in plakjes) | 16 | 2 | 1 | 0 |
| Italiaanse kruiden (2 theelepel) | 6 | 2 | 0 | 0 |
| Halvarine (3 beleg voor 3 snee) | 54 | 0 | 0 | 6 |
| Avocado (halve) | 180 | 2 | 1 | 18 |
| Zwarte peper (snufje) | 3 | 1 | 0 | 0 |

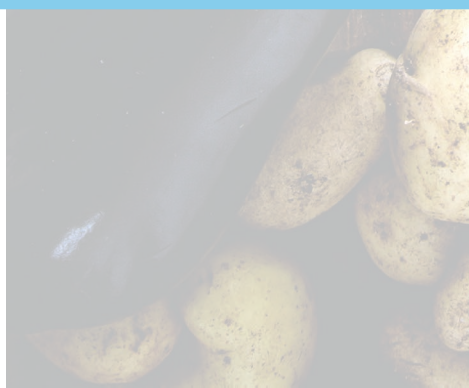


| | Kcal | Koolhydraten | Elwitten | Vetten |
|--------------------------|------------|--------------|----------|-----------|
| Tussendoor middag | 225 | 11 | 5 | 19 |
| 1 kiwi | 51 | 9 | 1 | 1 |
| Walnoten (1 handje) | 174 | 2 | 4 | 18 |

| | | | | |
|--|------------|-----------|-----------|-----------|
| Diner: Pastasalade met zalm en geitenkaas | 542 | 60 | 35 | 21 |
| Volkoren spaghetti (80 gram) | 198 | 39 | 8 | 2 |
| Geitenkaas 30+ (25 gram) | 67 | 0 | 5 | 8 |
| 1 eetlepel honing | 48 | 12 | 0 | 0 |
| Gerookte zalm* (75 gram) | 165 | 0 | 19 | 10 |
| Kappertjes (25 gram) | 7 | 2 | 0 | 0 |
| Half zakje rucola | 8 | 0 | 1 | 0 |
| Cherrytomaten (100 gram) | 31 | 4 | 1 | 1 |
| Halve rode ui | 18 | 3 | 1 | 0 |

| | | | | |
|--|------------|-----------|-----------|-----------|
| Tussendoor avond: Pistolet met ei en kipfilet | 432 | 39 | 33 | 15 |
| Pistolet volkoren (1 stuk) | 182 | 36 | 7 | 1 |
| 1 ei (in plakjes) | 64 | 0 | 6 | 4 |
| Kipfilet (75 gram) | 83 | 0 | 18 | 1 |
| Bak en braad vloeibaar (halve eetlepel) | 45 | 0 | 0 | 5 |
| Zelfgemaakte saus: | | | | |
| Halve eetlepel halvanaise | 40 | 1 | 0 | 4 |
| 1 eetlepel magere kwark | 10 | 1 | 2 | 0 |
| 1 theelepel kerriepoeder | 7 | 1 | 0 | 0 |
| 1 theelepel bieslook (of vers, fijngesneden) | 1 | 0 | 0 | 0 |

| | | | | |
|----------------|-------------|------------|------------|-----------|
| Totaal: | 2159 | 229 | 107 | 92 |
|----------------|-------------|------------|------------|-----------|



| | Kcal | Koolhydraten | Elwitten | Vetten |
|--------------------------------------|-------------|---------------------|-----------------|---------------|
| <i>Ontbijt: Kwark</i> | 327 | 51 | 21 | 3 |
| Magere kwark (150 gram) | 96 | 6 | 15 | 1 |
| Pitloze rode druiven (100 gram) | 76 | 17 | 1 | 0 |
| Muesli (45 gram) | 155 | 28 | 5 | 2 |
| <i>Tussendoor ochtend</i> | 150 | 17 | 5 | 7 |
| Volkorenbrood (1 snee) | 82 | 14 | 4 | 1 |
| Halvarine (1 beleg voor 1 snee) | 18 | 0 | 0 | 2 |
| Hummus (1 beleg voor 1 snee) | 50 | 3 | 1 | 4 |
| <i>Lunch: Eiwitpannenkoek</i> | 441 | 35 | 20 | 19 |
| Olijfolie (halve eetlepel) | 45 | 0 | 0 | 5 |
| 2 eieren | 154 | 2 | 14 | 10 |
| Halve banaan | 62 | 15 | 0 | 0 |
| Havermout (50 gram) | 180 | 28 | 6 | 4 |



| | Kcal | Koolhydraten | Elwitten | Vetten |
|---------------------------------|-------------|---------------------|-----------------|---------------|
| <i>Tussendoor middag</i> | 172 | 30 | 5 | 5 |
| Mandarijn (1 stuk) | 14 | 3 | 0 | 0 |
| Volkoren rijstwafels (3 stuks) | 108 | 24 | 3 | 0 |
| Tomatenspread (15 gram) | 50 | 3 | 2 | 5 |

| | | | | |
|---|------------|-----------|-----------|-----------|
| <i>Diner: Quinoasalade met kip</i> | 723 | 58 | 61 | 21 |
| Quinoa (80 gram) | 283 | 45 | 11 | 5 |
| Halve ui | 13 | 2 | 0 | 0 |
| Fetakaas (40 gram) | 115 | 0 | 6 | 8 |
| Kipfilet (150 gram) | 165 | 0 | 35 | 2 |
| Broccoli (200 gram) | 45 | 4 | 7 | 0 |
| Italiaanse kruiden (1 theelepel) | 4 | 1 | 0 | 0 |
| Kippenbouillonblokje (halve) | 10 | 1 | 1 | 0 |
| Cherrytomaten (125 gram) | 38 | 5 | 1 | 1 |
| Olijfolie (halve eetlepel) | 45 | 0 | 0 | 5 |

| | | | | |
|------------------------------------|------------|-----------|----------|-----------|
| <i>Tussendoor avond:</i> | 230 | 32 | 4 | 10 |
| Oat Cookie Cranberry, AH (2 stuks) | 230 | 32 | 4 | 10 |

| | | | | |
|-----------------------|-------------|------------|------------|-----------|
| <i>Totaal:</i> | 2043 | 223 | 116 | 65 |
|-----------------------|-------------|------------|------------|-----------|



* De kant-en-klare biologische pompoensoep (bijvoorbeeld van AH) bevat minder suiker en zout. Of nog beter: maak je eigen pompoensoep. Zie de handleiding voor het recept.

** Het recept voor de spinaziezalmwrap staat in de handleiding.

| | Kcal | Koolhydraten | Elwitten | Vetten |
|---------------------------|------------|--------------|-----------|----------|
| Ontbijt: Smoothie | 270 | 33 | 20 | 5 |
| Magere kwark (75 gram) | 48 | 3 | 8 | 0 |
| Halfvolle melk (200 ml) | 94 | 10 | 7 | 3 |
| Havermout (25 gram) | 94 | 15 | 4 | 2 |
| Diepvriesbramen (60 gram) | 34 | 5 | 1 | 0 |

| | | | | |
|--|------------|-----------|----------|----------|
| Tussendoor: Rijstwafel met plakjes banaan | 148 | 33 | 5 | 0 |
| 1 kleine banaan (80 gram) | 76 | 17 | 1 | 0 |
| Volkoren rijstwafels (2 stuks) | 72 | 16 | 4 | 0 |

| | | | | |
|---|------------|-----------|-----------|-----------|
| Lunch: Salade met kip en pesto | 698 | 43 | 54 | 30 |
| Kipfilet (150 gram) | 165 | 0 | 34 | 2 |
| Bak en braad vloeibaar (halve eetlepel) | 45 | 0 | 0 | 5 |
| Parmezaanse kaas (30 gram) | 121 | 0 | 12 | 8 |
| Ijsbergsla (35 gram) | 5 | 1 | 0 | 0 |
| Cherrytomaten (50 gram) | 8 | 1 | 1 | 0 |
| Halve paprika | 11 | 2 | 0 | 0 |
| 1 rode ui | 18 | 3 | 1 | 0 |
| Groene pesto (20 gram) | 123 | 0 | 0 | 13 |
| Volkoren spaghetti (60 gram) | 202 | 36 | 6 | 2 |



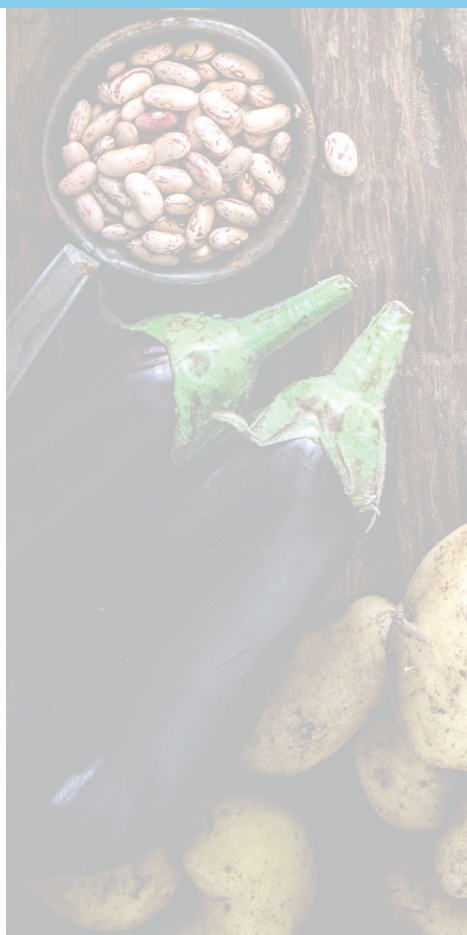
| | Kcal | Koolhydraten | Elwitten | Vetten |
|---|-------------|---------------------|-----------------|---------------|
| <i>Tussendoor middag</i> | 256 | 28 | 14 | 10 |
| Volkorenbrood (2 snee) | 164 | 28 | 8 | 2 |
| Halvarine (2 beleg voor 2 snee) | 36 | 0 | 0 | 4 |
| 30+-kaas (1 beleg voor 1 snee; 20 gram) | 56 | 0 | 6 | 4 |

| | | | | |
|--|------------|-----------|-----------|----------|
| <i>Diner: Pompoensoep met stokbrood</i> | 388 | 65 | 13 | 5 |
| Biologische pompoensoep* (2 bordes) | 178 | 32 | 4 | 3 |
| Volkoren stokbrood (75 gram) | 210 | 33 | 9 | 2 |

| | | | | |
|--|------------|-----------|-----------|-----------|
| <i>Tussendoor avond</i> | 337 | 18 | 18 | 12 |
| Rolletjes spinaziezalmwrap** (2 stuks) | 255 | 15 | 18 | 12 |
| 1 glaasje rode wijn (100 ml) of een glaasje fris | 82 | 3 | 0 | 0 |



| | | | | |
|----------------|-------------|------------|------------|-----------|
| Totaal: | 2097 | 220 | 124 | 62 |
|----------------|-------------|------------|------------|-----------|



| | Kcal | Koolhydraten | Elwitten | Vetten |
|--|------------|--------------|-----------|-----------|
| Ontbijt: Smoothie | 383 | 39 | 24 | 13 |
| Magere kwark (75 gram) | 48 | 3 | 8 | 0 |
| Halfvolle melk (200 ml) | 94 | 10 | 7 | 3 |
| Havermout (30 gram) | 111 | 18 | 4 | 2 |
| Diepvriesbramen (60 gram) | 34 | 5 | 1 | 0 |
| Optioneel: diepvriesboerenkool (50 gram) | 23 | 2 | 2 | 1 |
| Walnoten (10 gram) | 73 | 1 | 2 | 7 |
| Tussendoor ochtend | 132 | 24 | 4 | 2 |
| Volkoren rijstwafels (2 stuks) | 76 | 15 | 2 | 1 |
| Cottage cheese (20 gram) | 18 | 1 | 2 | 1 |
| Halve banaan (plakjes) | 38 | 9 | 0 | 0 |
| Lunch: Tosti | 544 | 60 | 28 | 20 |
| Volkorenbrood (4 snee) | 328 | 54 | 16 | 4 |
| Halvarine (4 beleg voor 4 snee) | 72 | 0 | 0 | 8 |
| 30+-kaas (40 gram) | 118 | 0 | 12 | 8 |
| Ketchup (20 gram) | 20 | 6 | 0 | 0 |
| Italiaanse kruiden (2 theelepels) | 6 | 0 | 0 | 0 |



| | Kcal | Koolhydraten | Elwitten | Vetten |
|--------------------------|-------------|---------------------|-----------------|---------------|
| Tussendoor middag | 134 | 10 | 3 | 7 |
| Sinaasappel (1 stuk) | 61 | 9 | 1 | 0 |
| Walnoten (10 gram) | 73 | 1 | 2 | 7 |

| | | | | |
|--------------------------------------|------------|-----------|-----------|-----------|
| Diner: Wrap met tonijn en sla | 637 | 41 | 40 | 21 |
| 2 volkorenwraps | 248 | 11 | 6 | 6 |
| Tonijn op water (half blikje) | 70 | 0 | 17 | 1 |
| Geraspte 30+-kaas (30 gram) | 93 | 6 | 9 | 6 |
| 1 zakje rucola | 20 | 2 | 2 | 0 |
| Cherrytomaten (200 gram) | 31 | 4 | 1 | 1 |
| 1 rode ui | 18 | 3 | 0 | 0 |
| 1 rode paprika | 22 | 4 | 0 | 0 |
| Kappertjes (2 eetlepels) | 12 | 2 | 0 | 0 |
| | | | | |
| Mayo-yoghurtsaus: | | | | |
| 1 eetlepel halvanaise | 80 | 2 | 0 | 8 |
| 2 theelepels bieslook | 10 | 2 | 0 | 0 |
| 2 eetlepels halfvolle yoghurt | 16 | 2 | 2 | 0 |

| | | | | |
|-----------------------------------|------------|-----------|-----------|----------|
| Tussendoor avond | 283 | 41 | 27 | 1 |
| Griekse yoghurt 0% vet (200 gram) | 113 | 11 | 20 | 0 |
| Diepvriesaardbeien (50 gram) | 15 | 3 | 0 | 0 |
| Muesli (45 gram) | 156 | 27 | 6 | 1 |

| | | | | |
|----------------|-------------|------------|------------|-----------|
| Totaal: | 2096 | 212 | 124 | 64 |
|----------------|-------------|------------|------------|-----------|

