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# VOEDINGS- SCHEMA

2200 KCAL

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

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

|   | Kcal       | Koolhydraten | Elwitten  | Vetten    |
|---|------------|--------------|-----------|-----------|
| <b>Ontbijt: Exotische mangosmoothie</b>                 | <b>398</b> | <b>49</b>    | <b>22</b> | <b>13</b> |
| 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         |
| Walnoten (10 gram)                                      | 72         | 1            | 2         | 7         |
| <b>Tussendoor ochtend</b>                               | <b>165</b> | <b>25</b>    | <b>4</b>  | <b>5</b>  |
| 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         |
| <b>Lunch: Gourmet sandwich met geitenkaas en honing</b> | <b>400</b> | <b>49</b>    | <b>16</b> | <b>15</b> |
| 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        |



|  | <b>Kcal</b> | <b>Koolhydraten</b> | <b>Eiwitten</b> | <b>Vetten</b> |
|--|-------------|---------------------|-----------------|---------------|
| <b><i>Tussendoor: Scandinavische special met cottage cheese en aardbeien</i></b> | <b>222</b>  | <b>25</b>           | <b>8</b>        | <b>10</b>     |
| 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             |

|   |            |           |           |           |
|---|------------|-----------|-----------|-----------|
| <b><i>Diner: Thai streetfood kokoscurry</i></b> | <b>666</b> | <b>60</b> | <b>48</b> | <b>21</b> |
| Zoete aardappel (200 gram)                      | 220        | 48        | 3         | 0         |
| Kipfilet (150 gram)                             | 165        | 0         | 35        | 3         |
| Broccoli (200 gram)                             | 23         | 2         | 3         | 0         |
| Halve ui  | 13         | 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 braadvet vloeibaar* (1 eetlepel)        | 90         | 0         | 0         | 10        |

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

|                |             |            |            |           |
|----------------|-------------|------------|------------|-----------|
| <b>Totaal:</b> | <b>2203</b> | <b>237</b> | <b>125</b> | <b>68</b> |
|----------------|-------------|------------|------------|-----------|



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

\*\* Walnoten kun je afwisselen met bijvoorbeeld ongezouten pinda's en gemengde notenmix.

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

|  | Kcal       | Koolhydraten | Elwitten  | Vetten    |
|--|------------|--------------|-----------|-----------|
| <b>Ontbijt: Smoothie*</b>  | <b>424</b> | <b>67</b>    | <b>22</b> | <b>9</b>  |
| 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         |
| 1 plak ontbijtkoek light (1 plakje, 25 gram)                       | 74         | 16           | 1         | 1         |
| Halvarine (1 beleg voor 1 snee)                                    | 18         | 0            | 0         | 2         |
| <b>Tussendoor ochtend: Boterham met gepureerde mango en banaan</b> | <b>288</b> | <b>44</b>    | <b>10</b> | <b>5</b>  |
| 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         |
| <b>Lunch: Mueslibol met kaas</b>                                   | <b>444</b> | <b>44</b>    | <b>23</b> | <b>19</b> |
| Volkoren mueslibol (2 stuks)                                       | 290        | 44           | 11        | 7         |
| Halvarine (2 beleg voor 2 snee)                                    | 36         | 0            | 0         | 4         |
| 30+-kaas (40 gram)   | 118        | 0            | 12        | 8         |

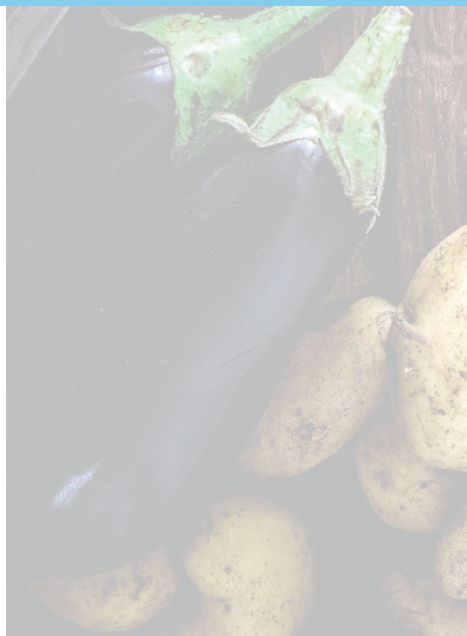


|                            | Kcal       | Koolhydraten | Eiwitten | Vetten    |
|----------------------------|------------|--------------|----------|-----------|
| <b>Tussendoor middag</b>   | <b>159</b> | <b>4</b>     | <b>4</b> | <b>14</b> |
| Walnoten** (20 gram)       | 144        | 2         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

|                                     |            |           |           |           |
|-------------------------------------|------------|-----------|-----------|-----------|
| <b>Diner: Spaanse stoofmaaltijd</b> | <b>641</b> | <b>83</b> | <b>45</b> | <b>11</b> |
| 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         |
| Olijfolie (halve eetlepel)          | 45         | 0         | 0         | 5         |

|                         |            |           |           |          |
|-------------------------|------------|-----------|-----------|----------|
| <b>Tussendoor avond</b> | <b>278</b> | <b>38</b> | <b>20</b> | <b>3</b> |
| 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        |

|                |             |            |            |           |
|----------------|-------------|------------|------------|-----------|
| <b>Totaal:</b> | <b>2234</b> | <b>280</b> | <b>124</b> | <b>61</b> |
|----------------|-------------|------------|------------|-----------|



\* 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   |
|----------------------------|------------|--------------|-----------|----------|
| <b>Ontbijt: Smoothie</b>   | <b>333</b> | <b>49</b>    | <b>16</b> | <b>7</b> |
| 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        |

|   |            |           |          |           |
|---|------------|-----------|----------|-----------|
| <b>Tussendoor ochtend: Boterham met stukjes appel met pindakaas</b> | <b>243</b> | <b>25</b> | <b>8</b> | <b>12</b> |
| 1 kleine appel  | 42         | 9         | 0        | 0         |
| Pindakaas** (15 gram)   | 101        | 2         | 4        | 9         |
| Volkorenbrood (1 snee)  | 82         | 14        | 4        | 1         |
| Halvarine (1 beleg voor 1 snee)                                     | 18         | 0         | 0        | 2         |

|                                     |            |           |           |           |
|-------------------------------------|------------|-----------|-----------|-----------|
| <b>Lunch: Tosti met ham en kaas</b> | <b>380</b> | <b>31</b> | <b>25</b> | <b>16</b> |
| 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         |

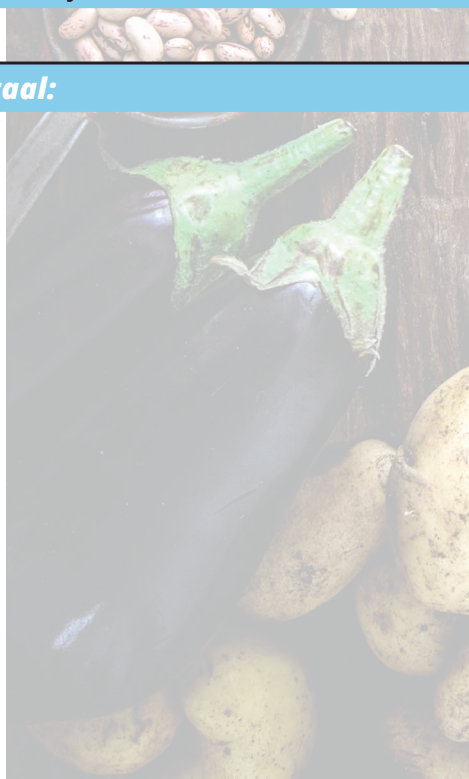


|                                    | <b>Kcal</b> | <b>Koolhydraten</b> | <b>Elwitten</b> | <b>Vetten</b> |
|------------------------------------|-------------|---------------------|-----------------|---------------|
| <b><i>Tussendoor middag</i></b>    | <b>235</b>  | <b>28</b>           | <b>8</b>        | <b>8</b>      |
| 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             |

|                                       |            |           |           |           |
|---------------------------------------|------------|-----------|-----------|-----------|
| <b><i>Diner: Pasta met tonijn</i></b> | <b>722</b> | <b>69</b> | <b>60</b> | <b>18</b> |
| Tonijnstukken in water (1 blikje)     | 140        | 0         | 34        | 1         |
| Olijfolie (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 (250 gram)                   | 45         | 5         | 5         | 0         |

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

|                       |             |            |            |           |
|-----------------------|-------------|------------|------------|-----------|
| <b><i>Totaal:</i></b> | <b>2179</b> | <b>240</b> | <b>134</b> | <b>67</b> |
|-----------------------|-------------|------------|------------|-----------|



\* Volkorenbrood kun je ook afwisselen met bijvoorbeeld roggebrood of meergranen stokbrood/pistolet.

|  | Kcal       | Koolhydraten | Elwitten  | Vetten    |
|--|------------|--------------|-----------|-----------|
| <b>Ontbijt: Omelet op dubbele boterham &amp; broodje met kaas en pesto</b> | <b>495</b> | <b>45</b>    | <b>23</b> | <b>24</b> |
| Volkorenbrood* (3 snee)  | 245        | 41           | 11        | 2         |
| Halvarine (3 beleg voor 3 snee)  | 54         | 0            | 0         | 6         |
| 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         |
| Groene pesto (1 theelepel)   | 28         | 1            | 0         | 3         |
| <b>Tussendoor ochtend</b>  | <b>229</b> | <b>23</b>    | <b>11</b> | <b>10</b> |
| 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         |
| <b>Lunch: Pistolet met tonijn</b>  | <b>433</b> | <b>49</b>    | <b>31</b> | <b>13</b> |
| 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         |



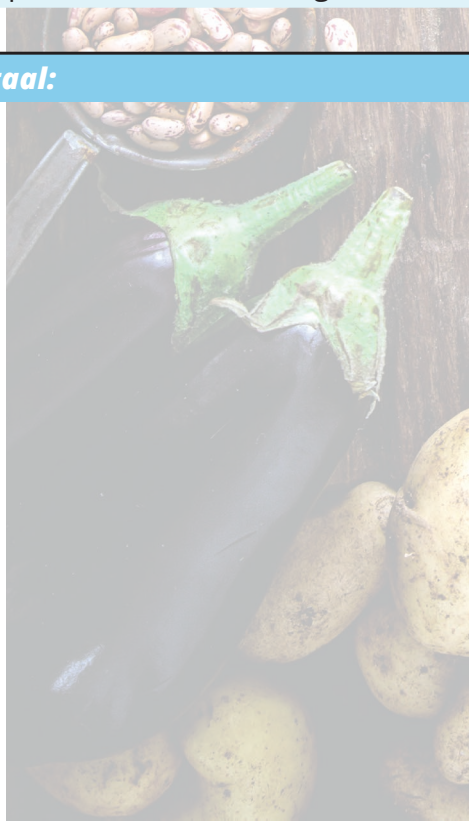


|                                 | <b>Kcal</b> | <b>Koolhydraten</b> | <b>Elwitten</b> | <b>Vetten</b> |
|---------------------------------|-------------|---------------------|-----------------|---------------|
| <b>Tussendoor middag</b>        | <b>174</b>  | <b>19</b>           | <b>4</b>        |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

|  |            |           |           |           |
|--|------------|-----------|-----------|-----------|
| <b>Diner: Spaghetti, kip, rode pesto en andijvie</b> | <b>635</b> | <b>60</b> | <b>51</b> | <b>20</b> |
| 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         |
| Olijfolie (1 eetlepel)                               | 90         | 0         | 0         | 10        |

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

|                |             |            |            |           |
|----------------|-------------|------------|------------|-----------|
| <b>Totaal:</b> | <b>2207</b> | <b>236</b> | <b>131</b> | <b>79</b> |
|----------------|-------------|------------|------------|-----------|



\* Kies voor de zoutarme variant.

\*\* Het recept voor de eiwitpannenkoek staat in de handleiding.

|                                | Kcal       | Koolhydraten | Eiwitten  | Vetten   |
|--------------------------------|------------|--------------|-----------|----------|
| <b>Ontbijt: Kwark</b>          | <b>415</b> | <b>59</b>    | <b>30</b> | <b>6</b> |
| Magere kwark (150 gram)        | 96         | 6            | 15        | 1        |
| Pitloze rode druiven (50 gram) | 38         | 9            | 2         | 0        |
| Muesli (45 gram)               | 155        | 28           | 5         | 2        |
| Banaaneiwitkoekjes (2 stuks)   | 126        | 16           | 8         | 3        |

|                                 |            |           |          |           |
|---------------------------------|------------|-----------|----------|-----------|
| <b>Tussendoor ochtend</b>       | <b>200</b> | <b>19</b> | <b>7</b> | <b>11</b> |
| 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         |
| Avocado (40 gram)               | 50         | 2         | 2        | 4         |

|                                 |            |           |           |           |
|---------------------------------|------------|-----------|-----------|-----------|
| <b>Lunch: Eiwitpannenkoek**</b> | <b>517</b> | <b>54</b> | <b>29</b> | <b>21</b> |
| Olijfolie (halve eetlepel)      | 45         | 0         | 0         | 5         |
| 2 eieren                        | 154        | 2         | 14        | 10        |
| 1 kleine banaan                 | 76         | 18        | 2         | 0         |
| Haverhout (40 gram)             | 148        | 24        | 6         | 3         |
| Halfvolle melk (200 ml)         | 94         | 10        | 7         | 3         |

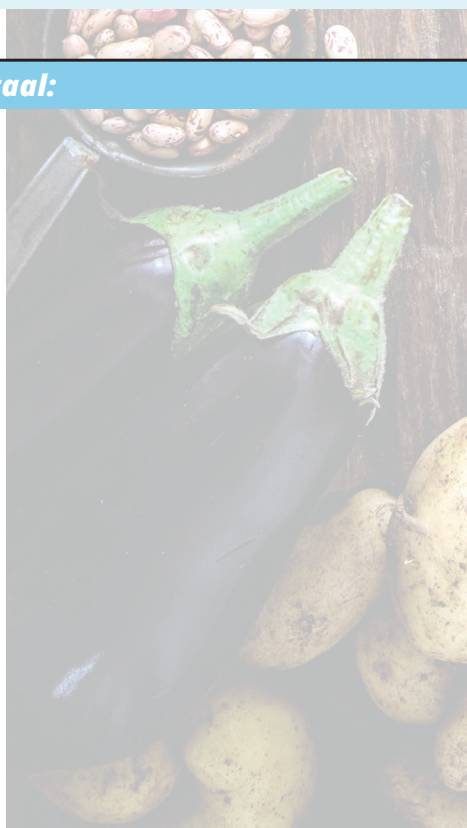


|                                 | <b>Kcal</b> | <b>Koolhydraten</b> | <b>Elwitten</b> | <b>Vetten</b> |
|---------------------------------|-------------|---------------------|-----------------|---------------|
| <b><i>Tussendoor middag</i></b> | <b>173</b>  | <b>23</b>           | <b>6</b>        |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

|  |            |           |           |           |
|--|------------|-----------|-----------|-----------|
| <b><i>Diner: Zoete aardappel, kip en champignons</i></b> | <b>611</b> | <b>54</b> | <b>50</b> | <b>17</b> |
| 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 braad vloeibaar (1 eetlepel)                      | 90         | 0         | 0         | 10        |
| Zoete aardappel (200 gram)                               | 220        | 48        | 4         | 0         |
| Fetakaas (25 gram)                                       | 62         | 0         | 4         | 5         |

|  |            |           |           |          |
|--|------------|-----------|-----------|----------|
| <b><i>Tussendoor avond</i></b>             | <b>293</b> | <b>52</b> | <b>14</b> | <b>2</b> |
| 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        |

|                       |             |            |            |           |
|-----------------------|-------------|------------|------------|-----------|
| <b><i>Totaal:</i></b> | <b>2209</b> | <b>259</b> | <b>136</b> | <b>63</b> |
|-----------------------|-------------|------------|------------|-----------|



# 6

|  | Kcal       | Koolhydraten | Elwitten  | Vetten    |
|--|------------|--------------|-----------|-----------|
| <b>Ontbijt: Pitabroodje met champignons</b>        | <b>487</b> | <b>59</b>    | <b>19</b> | <b>17</b> |
| 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)   | 14         | 2            | 0         | 0         |
| 1 tomaat   | 14         | 2            | 1         | 0         |
| 2 handjes rucolasla                                | 10         | 1            | 1         | 0         |
| Kipfilet broodbeleg (2 plakjes)                    | 39         | 1            | 5         | 1         |
| Zelfgemaakte knoflooksaus* (2 eetlepels)           | 74         | 4            | 0         | 6         |
| <b>Tussendoor ochtend: Brood met stukjes appel</b> | <b>242</b> | <b>37</b>    | <b>8</b>  | <b>5</b>  |
| Volkorenbrood (2 snee)                             | 164        | 28           | 8         | 1         |
| Halvarine (2 beleg voor 2 snee)                    | 36         | 0            | 0         | 4         |
| 1 kleine appel                                     | 42         | 9            | 0         | 0         |
| <b>Lunch: Pastasalade &amp; smoothie</b>           | <b>358</b> | <b>50</b>    | <b>22</b> | <b>5</b>  |
| Rucola (2 handjes)                                 | 9          | 1            | 1         | 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         |
| <b>Smoothie:</b>                                   |            |              |           |           |
| Magere kwark (75 gram)                             | 48         | 3            | 8         | 1         |
| Aardbeien (50 gram)                                | 15         | 3            | 0         | 0         |
| Halfvolle melk (150 ml)                            | 71         | 8            | 5         | 2         |



|  | <b>Kcal</b> | <b>Koolhydraten</b> | <b>Elwitten</b> | <b>Vetten</b> |
|--|-------------|---------------------|-----------------|---------------|
| <b><i>Tussendoor middag: Tosti</i></b> | <b>267</b>  | <b>29</b>           | <b>14</b>       | <b>12</b>     |
| 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             |



|  |            |           |           |           |
|--|------------|-----------|-----------|-----------|
| <b><i>Diner: Pasta mager gehakt en tomatensaus</i></b> | <b>580</b> | <b>71</b> | <b>39</b> | <b>26</b> |
| Mager rundergehakt (100 gram)                          | 185        | 0         | 29        | 19        |
| Olijfolie (halve eetlepel)                             | 46         | 0         | 0         | 5         |
| Ui (halve)   | 13         | 2         | 0         | 1         |
| 1 teentje knoflook                                     | 3          | 1         | 0         | 0         |
| Runderbouillonblokje (halve)                           | 5          | 1         | 0         | 0         |
| Italiaanse kruidenmix (1 theelepel)                    | 3          | 0         | 0         | 0         |
| Tomatensaus (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 (60 gram)                           | 196        | 35        | 8         | 1         |



|                                   |            |           |           |          |
|-----------------------------------|------------|-----------|-----------|----------|
| <b><i>Tussendoor avond</i></b>    | <b>337</b> | <b>41</b> | <b>25</b> | <b>8</b> |
| Griekse yoghurt 0% vet (200 gram) | 113        | 10        | 20        | 0        |
| Walnoten (10 gram)                | 72         | 1         | 2         | 7        |
| Honing (15 gram)                  | 48         | 12        | 0         | 0        |
| Muesli (30 gram)                  | 104        | 18        | 3         | 1        |



|                       |             |            |            |           |
|-----------------------|-------------|------------|------------|-----------|
| <b><i>Totaal:</i></b> | <b>2279</b> | <b>287</b> | <b>194</b> | <b>73</b> |
|-----------------------|-------------|------------|------------|-----------|



\* Zie de handleiding voor de uitleg.

|  | <b>Kcal</b> | <b>Koolhydraten</b> | <b>Elwitten</b> | <b>Vetten</b> |
|--|-------------|---------------------|-----------------|---------------|
| <b>Ontbijt: Smoothie &amp; broodje</b> | <b>593</b>  | <b>66</b>           | <b>32</b>       | <b>14</b>     |
| Magere kwark (75 gram)                 | 48          | 3                   | 8               | 0             |
| Halfvolle melk (200 ml)                | 94          | 10                  | 7               | 3             |
| Havermout (40 gram)                    | 148         | 24                  | 6               | 3             |
| 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             |
| <b>Tussendoor ochtend</b>              | <b>175</b>  | <b>18</b>           | <b>9</b>        | <b>7</b>      |
| Volkoren rijstwafel (2 stuks)          | 76          | 15                  | 2               | 1             |
| Kipfilet broodbeleg (2 plakjes)        | 39          | 1                   | 5               | 1             |
| Pindakaas/notenpasta (10 gram)         | 60          | 2                   | 2               | 5             |
| <b>Lunch: Tosti geitenkaas</b>         | <b>323</b>  | <b>30</b>           | <b>13</b>       | <b>15</b>     |
| Halvarine (2 beleg voor 2 snee)        | 36          | 0                   | 0               | 4             |
| Geitenkaas 30+ (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             |



|                                 | <b>Kcal</b> | <b>Koolhydraten</b> | <b>Elwitten</b> | <b>Vetten</b> |
|---------------------------------|-------------|---------------------|-----------------|---------------|
| <b>Tussendoor middag</b>        | <b>168</b>  | <b>22</b>           | <b>3</b>        | <b>7</b>      |
| 1 kleine appel                  | 42          | 9                   | 0               | 0             |
| Cherrytomaten (150 gram)        | 36          | 5                   | 1               | 1             |
| Ongezouten elitehaver (20 gram) | 95          | 9                   | 2               | 6             |

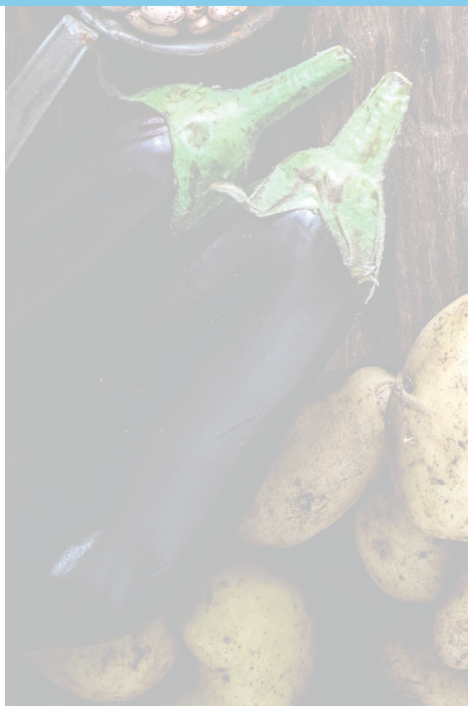
|                                   |            |           |           |           |
|-----------------------------------|------------|-----------|-----------|-----------|
| <b>Diner: Zalmwrap*</b>           | <b>652</b> | <b>54</b> | <b>31</b> | <b>28</b> |
| Gerookte zalm (100 gram)          | 185        | 0         | 22        | 11        |
| Tortillawrap meergranen (2 wraps) | 248        | 42        | 6         | 6         |
| Roomkaas light (2 eetlepels)      | 100        | 2         | 0         | 10        |
| Cherrytomaten (150 gram)          | 36         | 5         | 1         | 0         |
| Rucolasla (half zakje)            | 10         | 1         | 1         | 0         |
| Ui (halve)                        | 13         | 2         | 0         | 1         |
| Komkommer (80 gram)               | 10         | 1         | 1         | 0         |



|   |            |           |           |          |
|---|------------|-----------|-----------|----------|
| <b>Tussendoor avond</b>                     | <b>293</b> | <b>52</b> | <b>14</b> | <b>2</b> |
| 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        |



|                |             |            |            |           |
|----------------|-------------|------------|------------|-----------|
| <b>Totaal:</b> | <b>2219</b> | <b>243</b> | <b>103</b> | <b>73</b> |
|----------------|-------------|------------|------------|-----------|



|                                     | Kcal       | Koolhydraten | Elwitten  | Vetten    |
|-------------------------------------|------------|--------------|-----------|-----------|
| <b>Ontbijt: Kwark &amp; broodje</b> | <b>527</b> | <b>68</b>    | <b>35</b> | <b>11</b> |
| 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 snee)           | 105        | 17           | 5         | 1         |
| Halvarine (1 beleg voor 1 snee)     | 18         | 0            | 0         | 2         |
| Fricandeau (1 plakje)               | 19         | 0            | 3         | 1         |
| 30+-kaas (20 gram)                  | 58         | 0            | 6         | 4         |
| <b>Tussendoor ochtend</b>           | <b>170</b> | <b>20</b>    | <b>4</b>  | <b>8</b>  |
| 1 kleine appel                      | 42         | 9            | 0         | 0         |
| Pindakaas (15 gram)                 | 90         | 3            | 3         | 8         |
| Volkoren rijstwafel (1 stuk)        | 38         | 8            | 1         | 0         |
| <b>Lunch: Sandwich hummus</b>       | <b>341</b> | <b>33</b>    | <b>16</b> | <b>15</b> |
| 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          | 1            | 0         | 0         |
| Gekookt ei (1 stuk, in plakjes)     | 77         | 0            | 7         | 5         |



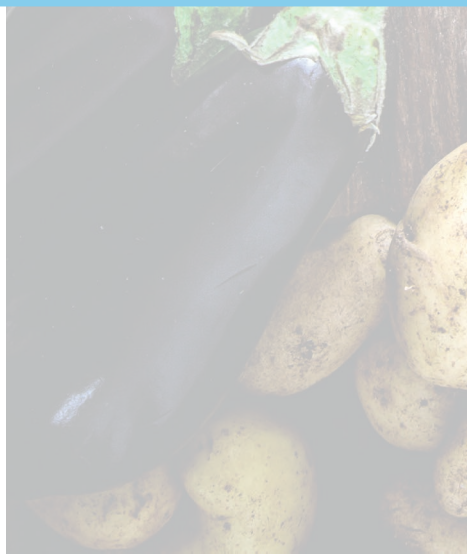


|                                 | <b>Kcal</b> | <b>Koolhydraten</b> | <b>Eiwitten</b> | <b>Vetten</b> |
|---------------------------------|-------------|---------------------|-----------------|---------------|
| <b><i>Tussendoor middag</i></b> | <b>209</b>  | <b>41</b>           | <b>7</b>        | <b>3</b>      |
| 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             |

|   |            |           |           |           |
|---|------------|-----------|-----------|-----------|
| <b><i>Diner: Thaise kipcurry</i></b>    | <b>669</b> | <b>73</b> | <b>51</b> | <b>18</b> |
| 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         |
| Ui (halve)                              | 18         | 3         | 1         | 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         |

|  |            |           |           |          |
|--|------------|-----------|-----------|----------|
| <b><i>Tussendoor avond: Smoothie</i></b> | <b>266</b> | <b>33</b> | <b>19</b> | <b>6</b> |
| 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        |

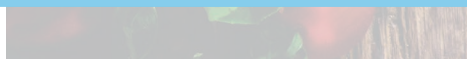
|                       |             |            |            |           |
|-----------------------|-------------|------------|------------|-----------|
| <b><i>Totaal:</i></b> | <b>2213</b> | <b>267</b> | <b>132</b> | <b>61</b> |
|-----------------------|-------------|------------|------------|-----------|



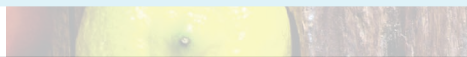
|   | Kcal       | Koolhydraten | Elwitten  | Vetten    |
|---|------------|--------------|-----------|-----------|
| <b>Ontbijt: Smoothie</b>                          | <b>358</b> | <b>45</b>    | <b>19</b> | <b>6</b>  |
| Halfvolle melk (200 ml)                           | 94         | 10           | 7         | 3         |
| Haverhout (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         |
| <b>Tussendoor ochtend</b>                         | <b>121</b> | <b>19</b>    | <b>4</b>  | <b>4</b>  |
| Volkoren rijstwafels (2 stuks)                    | 76         | 15           | 2         | 1         |
| Tomatenspread, Zonnatura (15 gram)                | 33         | 2            | 1         | 3         |
| Halve paprika, in plakjes                         | 12         | 2            | 1         | 0         |
| <b>Lunch: Tosti met kaas &amp; broodje tonijn</b> | <b>569</b> | <b>57</b>    | <b>27</b> | <b>27</b> |
| 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+ (30 gram)                          | 90         | 0            | 9         | 6         |



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



|                                     |            |           |           |           |
|-------------------------------------|------------|-----------|-----------|-----------|
| <b>Diner: Chili con carne</b>       | <b>695</b> | <b>55</b> | <b>43</b> | <b>31</b> |
| Chilibonen (200 gram)               | 190        | 26        | 9         | 2         |
| Bak en braad vloeibaar (1 eetlepel) | 90         | 0         | 0         | 10        |
| 1 teen knoflook                     | 3          | 1         | 0         | 0         |
| Mager gehakt (150 gram)             | 283        | 3         | 30        | 18        |
| 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         |
| 1 rode ui                           | 18         | 3         | 0         | 0         |



|                                   |            |           |           |          |
|-----------------------------------|------------|-----------|-----------|----------|
| <b>Tussendoor avond:</b>          | <b>285</b> | <b>29</b> | <b>23</b> | <b>1</b> |
| 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 (45 gram)                  | 155        | 14        | 3         | 1        |



|                |             |            |            |           |
|----------------|-------------|------------|------------|-----------|
| <b>Totaal:</b> | <b>2169</b> | <b>220</b> | <b>118</b> | <b>77</b> |
|----------------|-------------|------------|------------|-----------|



|  | Kcal       | Koolhydraten | Elwitten  | Vetten    |
|--|------------|--------------|-----------|-----------|
| <b>Ontbijt: Smoothie &amp; boterham</b>  | <b>487</b> | <b>76</b>    | <b>23</b> | <b>10</b> |
| 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         |
| Volkorenboterham (1 snee)                | 82         | 14           | 4         | 1         |
| Halvarine (1 beleg voor 1 snee)          | 18         | 0            | 0         | 2         |
| Appelstroop (1 beleg voor 1 snee)        | 35         | 8            | 0         | 0         |
| <b>Tussendoor ochtend</b>                | <b>208</b> | <b>28</b>    | <b>5</b>  | <b>9</b>  |
| 1 kleine appel                           | 42         | 10           | 0         | 0         |
| Pindakaas (15 gram)                      | 90         | 3            | 3         | 8         |
| Volkoren rijstwafel (2 stuks)            | 76         | 15           | 2         | 1         |
| <b>Lunch: Boterham met ei en avocado</b> | <b>411</b> | <b>30</b>    | <b>21</b> | <b>22</b> |
| 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 (50 gram)                        | 80         | 1            | 1         | 9         |
| Zwarte peper (snufje)                    | 3          | 1            | 0         | 0         |

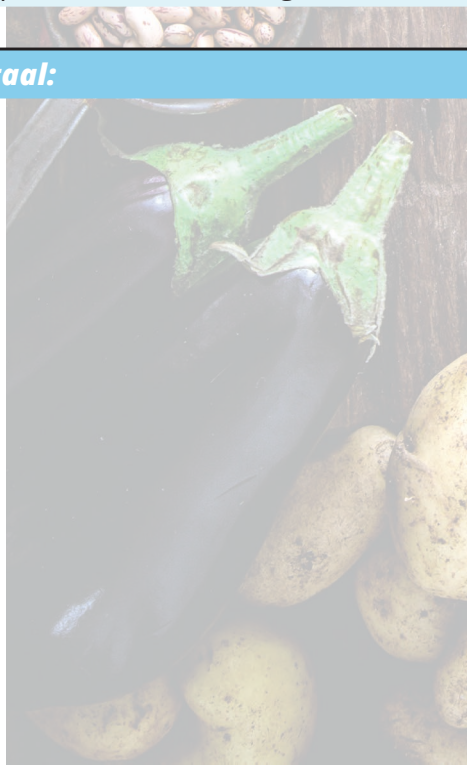


|                               | <b>Kcal</b> | <b>Koolhydraten</b> | <b>Elwitten</b> | <b>vetten</b> |
|-------------------------------|-------------|---------------------|-----------------|---------------|
| <b>Tussendoor middag</b>      | <b>242</b>  | <b>30</b>           | <b>8</b>        | <b>10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

|   |            |           |           |           |
|---|------------|-----------|-----------|-----------|
| <b>Diner: Gebakken aardappelen, kip en sperziebonen</b> | <b>591</b> | <b>49</b> | <b>46</b> | <b>20</b> |
| Gebakken aardappelen (200 gram)                         | 238        | 32        | 4         | 10        |
| Kipfilet (150 gram)                                     | 165        | 0         | 35        | 2         |
| Sperziebonen (200 gram)                                 | 50         | 6         | 5         | 0         |
| Kruiden (zie handleiding)                               | 20         | 5         | 0         | 0         |
| 1 tomaat  | 16         | 2         | 1         | 0         |
|   |            |           |           |           |
| <b>Zelfgemaakte yoghurtsaus:</b>                        |            |           |           |           |
| 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         |

|                              |            |           |           |          |
|------------------------------|------------|-----------|-----------|----------|
| <b>Tussendoor avond</b>      | <b>263</b> | <b>30</b> | <b>26</b> | <b>2</b> |
| Magere kwark (225 gram)      | 144        | 9         | 23        | 1        |
| Muesli (30 gram)             | 104        | 18        | 3         | 1        |
| Diepvriesaardbeien (50 gram) | 15         | 3         | 0         | 0        |

|                |             |            |            |           |
|----------------|-------------|------------|------------|-----------|
| <b>Totaal:</b> | <b>2202</b> | <b>241</b> | <b>128</b> | <b>73</b> |
|----------------|-------------|------------|------------|-----------|



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

|   | <b>Kcal</b> | <b>Koolhydraten</b> | <b>Elwitten</b> | <b>Vetten</b> |
|---|-------------|---------------------|-----------------|---------------|
| <b><i>Ontbijt: Smoothie</i></b>                 | <b>330</b>  | <b>39</b>           | <b>17</b>       | <b>5</b>      |
| Sojamelk (200 ml)                               | 78          | 5                   | 6               | 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             |
| <b><i>Tussendoor ochtend</i></b>                | <b>110</b>  | <b>17</b>           | <b>3</b>        | <b>4</b>      |
| Volkoren rijstwafels (2 stuks)                  | 76          | 15                  | 2               | 1             |
| Tomatenspread (15 gram)                         | 33          | 2                   | 1               | 3             |
| Basilicum (1 theelepel)                         | 1           | 0                   | 0               | 0             |
| <b><i>Lunch: Broodjes avocado en tomaat</i></b> | <b>484</b>  | <b>55</b>           | <b>14</b>       | <b>25</b>     |
| Volkorenboterham (3 snee)                       | 245         | 41                  | 11              | 2             |
| 1 tomaat (in plakjes)                           | 16          | 2                   | 1               | 0             |
| Italiaanse kruiden (2 theelepels)               | 6           | 2                   | 0               | 0             |
| Halvarine (3 beleg voor 3 snee)                 | 54          | 0                   | 0               | 6             |
| Avocado (100 gram)                              | 160         | 9                   | 2               | 15            |
| Zwarte peper (snufje)                           | 3           | 1                   | 0               | 0             |



|                          | <b>Kcal</b> | <b>Koolhydraten</b> | <b>Elwitten</b> | <b>vetten</b> |
|--------------------------|-------------|---------------------|-----------------|---------------|
| <b>Tussendoor middag</b> | <b>225</b>  | <b>11</b>           | <b>5</b>        | <b>19</b>     |
| 1 kiwi                   | 51          | 9                   | 1               | 1             |
| Walnoten (1 handje)      | 174         | 2                   | 4               | 18            |

|  |            |           |           |           |
|--|------------|-----------|-----------|-----------|
| <b>Diner: Pastasalade zalm en geitenkaas</b> | <b>610</b> | <b>72</b> | <b>36</b> | <b>20</b> |
| Volkoren spaghetti (80 gram)                 | 264        | 52        | 10        | 2         |
| Geitenkaas 30+ (25 gram)                     | 67         | 0         | 5         | 8         |
| Honing (1 eetlepel)                          | 48         | 12        | 0         | 0         |
| Gerookte zalm* (75 gram)                     | 165        | 0         | 19        | 10        |
| Kappertjes (25 gram)                         | 7          | 2         | 0         | 0         |
| Rucola (half zakje)                          | 10         | 1         | 1         | 0         |
| Cherrytomaten (100 gram)                     | 31         | 4         | 1         | 0         |
| 1 rode ui                                    | 18         | 3         | 0         | 0         |

|  |            |           |           |           |
|--|------------|-----------|-----------|-----------|
| <b>Tussendoor avond: Pistolet met ei en kipfilet</b> | <b>487</b> | <b>39</b> | <b>44</b> | <b>16</b> |
| Pistolet volkoren (1 stuk)                           | 182        | 36        | 7         | 1         |
| 1 ei (in plakjes)                                    | 64         | 0         | 6         | 4         |
| Kipfilet (125 gram)                                  | 138        | 0         | 29        | 2         |
| Bak en braad vloeibaar (halve eetlepel)              | 45         | 0         | 0         | 5         |
| <b>Zelfgemaakte saus:</b>                            |            |           |           |           |
| 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, fijngesned-<br>en)    | 1          | 0         | 0         | 0         |

|                |             |             |             |            |
|----------------|-------------|-------------|-------------|------------|
| <b>Totaal:</b> | <b>2246</b> | <b>2235</b> | <b>1119</b> | <b>891</b> |
|----------------|-------------|-------------|-------------|------------|



|   | <b>Kcal</b> | <b>Koolhydraten</b> | <b>Elwitten</b> | <b>Vetten</b> |
|---|-------------|---------------------|-----------------|---------------|
| <b>Ontbijt: Kwark</b>                   | <b>327</b>  | <b>51</b>           | <b>21</b>       | <b>3</b>      |
| Magere kwark (150 gram)                 | 96          | 6                   | 15              | 1             |
| Pitloze rode druiven (100 gram)         | 76          | 17                  | 1               | 0             |
| Muesli (45 gram)                        | 155         | 28                  | 5               | 2             |
| <b>Tussendoor ochtend</b>               | <b>250</b>  | <b>31</b>           | <b>9</b>        | <b>10</b>     |
| Volkorenbrood (2 snee)                  | 164         | 28                  | 8               | 2             |
| Halvarine (2 beleg voor 2 snee)         | 36          | 0                   | 0               | 4             |
| Hummus (15 gram)                        | 50          | 3                   | 1               | 4             |
| <b>Lunch: Eiwitpannenkoek</b>           | <b>441</b>  | <b>35</b>           | <b>20</b>       | <b>19</b>     |
| Bak en braad vloeibaar (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             |



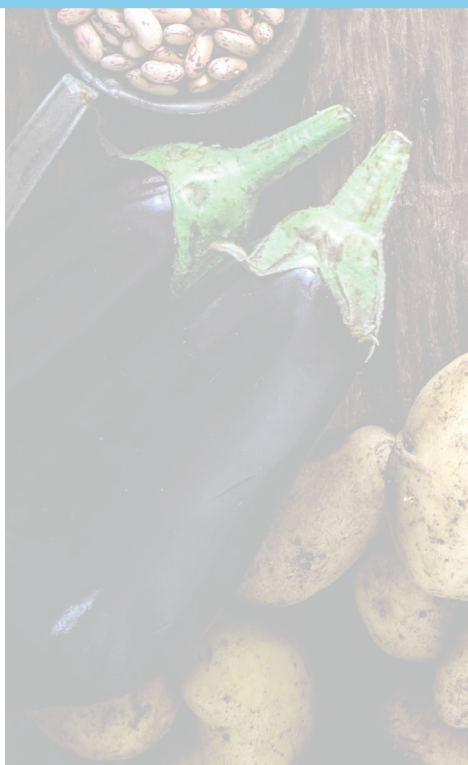


|                                    | <b>Kcal</b> | <b>Koolhydraten</b> | <b>Elwitten</b> | <b>Vetten</b> |
|------------------------------------|-------------|---------------------|-----------------|---------------|
| <b><i>Tussendoor middag</i></b>    | <b>172</b>  | <b>30</b>           | <b>5</b>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

|   |            |           |           |           |
|---|------------|-----------|-----------|-----------|
| <b><i>Diner: Quinoasalade met kip</i></b> | <b>721</b> | <b>58</b> | <b>62</b> | <b>20</b> |
| Quinoa (80 gram)                          | 283        | 45        | 11        | 5         |
| Rode ui (halve)                           | 11         | 2         | 1         | 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)                  | 40         | 5         | 1         | 0         |
| Bak en braad vloeibaar (halve eetlepel)   | 45         | 0         | 0         | 5         |

|                                   |            |           |          |           |
|-----------------------------------|------------|-----------|----------|-----------|
| <b><i>Tussendoor avond</i></b>    | <b>230</b> | <b>32</b> | <b>4</b> | <b>10</b> |
| Oat cooky cranberry, AH (2 stuks) | 230        | 32        | 4        | 10        |

|                       |             |            |            |           |
|-----------------------|-------------|------------|------------|-----------|
| <b><i>Totaal:</i></b> | <b>2145</b> | <b>237</b> | <b>121</b> | <b>67</b> |
|-----------------------|-------------|------------|------------|-----------|



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

\*\* Het recept voor de wrap staat in de handleiding.

|  | Kcal       | Koolhydraten | Elwitten  | Vetten    |
|--|------------|--------------|-----------|-----------|
| <b>Ontbijt: Smoothie</b>                             | <b>394</b> | <b>60</b>    | <b>21</b> | <b>5</b>  |
| 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         |
| Banaan (middelgroot)                                 | 124        | 27           | 1         | 0         |
| <b>Tussendoor: Rijstwafel met plakjes<br/>banaan</b> | <b>148</b> | <b>33</b>    | <b>5</b>  | <b>0</b>  |
| 1 kleine banaan (80 gram)                            | 76         | 17           | 1         | 0         |
| Volkoren rijstwafels (2 stuks)                       | 72         | 16           | 4         | 0         |
| <b>Lunch: Salade met kip en pesto</b>                | <b>698</b> | <b>43</b>    | <b>54</b> | <b>30</b> |
| 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         |
| Paprika (halve)                                      | 11         | 2            | 0         | 0         |
| Rode ui  | 18         | 3            | 1         | 0         |
| Groene pesto (20 gram)                               | 123        | 0            | 0         | 13        |
| Volkoren spaghetti (60 gram)                         | 202        | 36           | 6         | 2         |

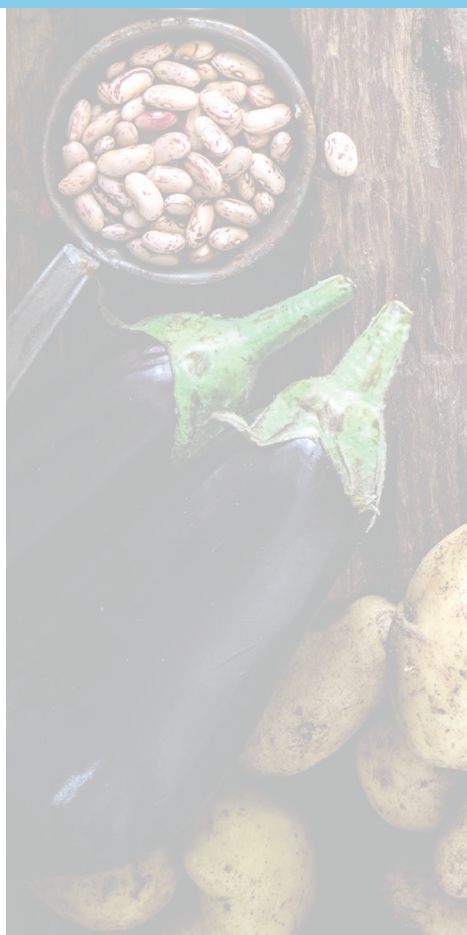


|                                 | Kcal       | Koolhydraten | Elwitten  | Vetten    |
|---------------------------------|------------|--------------|-----------|-----------|
| <b>Tussendoor middag: Tosti</b> | <b>256</b> | <b>28</b>    | <b>14</b> | <b>10</b> |
| Volkorenbrood (2 snee)          | 164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

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

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

|                |             |            |            |           |
|----------------|-------------|------------|------------|-----------|
| <b>Totaal:</b> | <b>2221</b> | <b>247</b> | <b>125</b> | <b>62</b> |
|----------------|-------------|------------|------------|-----------|



|  | Kcal       | Koolhydraten | Elwitten  | Vetten    |
|--|------------|--------------|-----------|-----------|
| <b>Ontbijt: Smoothie</b>                 | <b>383</b> | <b>39</b>    | <b>24</b> | <b>13</b> |
| 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         |

|                                 |            |           |          |          |
|---------------------------------|------------|-----------|----------|----------|
| <b>Tussendoor ochtend</b>       | <b>132</b> | <b>24</b> | <b>4</b> | <b>2</b> |
| Volkoren rijstwafels (2 stuks)  | 76         | 15        | 2        | 1        |
| Cottage cheese (20 gram)        | 18         | 1         | 2        | 1        |
| Halve kleine banaan, in plakjes | 38         | 9         | 0        | 0        |

|                                   |            |           |           |           |
|-----------------------------------|------------|-----------|-----------|-----------|
| <b>Lunch: Tosti</b>               | <b>544</b> | <b>60</b> | <b>28</b> | <b>20</b> |
| 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         |



|                                 | <b>Kcal</b> | <b>Koolhydraten</b> | <b>Elwitten</b> | <b>Vetten</b> |
|---------------------------------|-------------|---------------------|-----------------|---------------|
| <b><i>Tussendoor middag</i></b> | <b>219</b>  | <b>15</b>           | <b>5</b>        | <b>14</b>     |
| 1 kleine appel                  | 42          | 9                   | 0               | 0             |
| Cherrytomaten (100 gram)        | 31          | 4                   | 1               | 0             |
| Walnoten (20 gram)              | 146         | 2                   | 4               | 14            |

|                                      |            |           |           |           |
|--------------------------------------|------------|-----------|-----------|-----------|
| <b><i>Diner: Wrap met tonijn</i></b> | <b>612</b> | <b>38</b> | <b>38</b> | <b>21</b> |
| Volkorenwraps (twee stuks)           | 248        | 11        | 6         | 6         |
| Tonijn op water (half blikje)        | 70         | 0         | 17        | 1         |
| Geraspte 30+-kaas (30 gram)          | 93         | 6         | 9         | 6         |
| Rucola (half zakje)                  | 10         | 1         | 1         | 0         |
| Cherrytomaten (100 gram)             | 36         | 4         | 1         | 0         |
| Rode ui                              | 18         | 3         | 0         | 0         |
| 1 rode paprika                       | 22         | 4         | 0         | 0         |
| Kappertjes (2 eetlepels)             | 12         | 2         | 0         | 0         |
|                                      |            |           |           |           |
| <b>Mayo-yoghurtsaus:</b>             |            |           |           |           |
| 1 eetlepel halvanaise                | 80         | 2         | 0         | 8         |
| 2 theelepels bieslook                | 10         | 2         | 0         | 0         |
| 2 eetlepels halfvolle yoghurt        | 16         | 2         | 2         | 0         |



|                                   |            |           |           |          |
|-----------------------------------|------------|-----------|-----------|----------|
| <b><i>Tussendoor avond</i></b>    | <b>283</b> | <b>41</b> | <b>26</b> | <b>1</b> |
| Griekse yoghurt 0% vet (200 gram) | 113        | 11        | 20        | 0        |
| Diepvriesaardbeien (50 gram)      | 15         | 3         | 0         | 0        |
| Muesli (45 gram)                  | 156        | 27        | 6         | 1        |



|                       |             |            |            |           |
|-----------------------|-------------|------------|------------|-----------|
| <b><i>Totaal:</i></b> | <b>2173</b> | <b>217</b> | <b>125</b> | <b>73</b> |
|-----------------------|-------------|------------|------------|-----------|

