

Voorbeeld eetchema

Startpakket 14 dagen

| Dag 1 | Product | Opties | kcal | eiw | khd |
|----------------|---------------------|--|------------|-------------|-------------|
| Ontbijt | Warme drank | cacao, cappuccino, latte | 91 | 18g | 2,8g |
| Snack | Pure chocolade reep | aardbei chocolade, karamel, mokka, chocolade etc. | 124 | 9,9g | 7,4g |
| Lunch | Soep | tomaat, noodle, kip, asperge, champignon, groente, thais | 87 | 17g | 2,8g |
| Snack | Shake of pudding | aardbei, chocolade, karamel, banaan, vanille, koffie | 93 | 17g | 2,8g |
| Diner | Maaltijd | chili, spicy spaghetti, aardappelpuree | 110 | 13g | 8,4g |
| Groenten | 400 gram groenten | | 120 | 7,2g | 10g |
| Overig | 2 kalium tabletten | | 0 | 0g | 0g |
| | Totaal | | 625 | 82,1 | 34,2 |

| Dag 2 | Product | Opties | kcal | eiw | khd |
|----------------|---------------------|---|------------|-------------|-------------|
| Ontbijt | Warme drank | cacao, cappuccino, latte | 91 | 18g | 2,8g |
| Snack | Snack | barbecue nootjes, soja bites, chocolade bolletjes etc. | 125 | 12,6g | 4,4g |
| Lunch | Soep | tomaat, noodle, kip, asperge, champignon, groente, thais | 87 | 17g | 2,8g |
| Snack | Pure chocolade reep | aardbei chocolade, karamel, mokka, chocolade etc. | 124 | 9,9g | 7,4g |
| Diner | Omelet | fijne kruiden, kaas bacon, mediterrane, bieslook ui, kaas | 91 | 17g | 2,5g |
| Groenten | 400 gram groenten | | 120 | 7,2g | 10g |
| Overig | 2 kalium tabletten | | 0 | 0g | 0g |
| | Totaal | | 638 | 81,7 | 29,9 |

| Dag 3 | Product | Opties | kcal | eiw | khd |
|----------------|--------------------|--|------------|-------------|-------------|
| Ontbijt | Ontbijtgranen | muesli, ontbijtgranen, flakes | 106 | 13,1g | 7,1g |
| Snack | Penny wafel | kaas, vanille, kokos, chocolade | 180 | 15g | 9g |
| Lunch | Soep | tomaat, noodle, kip, asperge, champignon, groente, thais | 87 | 17g | 2,8g |
| Snack | Shake of pudding | aardbei, chocolade, karamel, banaan, vanille, koffie | 93 | 17g | 2,8g |
| Diner | Maaltijd | chili, spicy spaghetti, aardappelpuree | 110 | 13g | 8,4g |
| Groenten | 400 gram groenten | | 120 | 7,2g | 10g |
| Overig | 2 kalium tabletten | | 0 | 0g | 0g |
| | Totaal | | 969 | 82,3 | 40,1 |

| Dag 4 | Product | Opties | kcal | eiw | khd |
|----------------|--------------------|---|------------|--------------|-----------|
| Ontbijt | Havermout | crispy, crispy chocolade, appel | 89 | 13,3g | 3,5g |
| Snack | Snack | barbecue nootjes, soja bites, chocolade bolletjes, etc. | 125 | 12,6g | 4,4g |
| Lunch | Soep | tomaat, noodle, kip, asperge, champignon, groente, thais | 87 | 17g | 2,8g |
| Snack | Shake of pudding | aardbei, chocolade, karamel, banaan, vanille, koffie | 93 | 17g | 2,8g |
| Diner | Omelet | fijne kruiden, kaas bacon, mediterrane, bieslook ui, kaas | 91 | 17g | 2,5g |
| Groenten | 400 gram groenten | | 120 | 7,2g | 10g |
| Overig | 2 kalium tabletten | | 0 | 0g | 0g |
| | Totaal | | 545 | 84,1g | 26 |

| Dag 5 | Product | Opties | kcal | eiw | khd |
|----------------|--------------------|---|------------|-------------|-------------|
| Ontbijt | Pannenkoek | appel, chocolade-banaan, naturel | 96 | 16g | 4,4g |
| Snack | Penny wafel | kaas, vanille, kokos, chocolade | 180 | 15g | 9g |
| Lunch | Toast met beleg | roggebrood met smeerkaas, toast met pate, etc. | 175 | 13g | 7g |
| Snack | Shake of pudding | aardbei, chocolade, karamel, banaan, vanille, koffie | 93 | 17g | 2,8g |
| Diner | Omelet | fijne kruiden, kaas bacon, mediterrane, bieslook ui, kaas | 91 | 17g | 2,5g |
| Groenten | 400 gram groenten | | 120 | 7,2g | 10g |
| Overig | 2 kalium tabletten | | 0 | 0g | 0g |
| | Totaal | | 755 | 85,2 | 35,7 |

| Dag 6 | Product | Opties | kcal | eiw | khd |
|----------------|--------------------|--|------------|-------------|-------------|
| Ontbijt | Warme drank | cacao, cappuccino, latte | 91 | 18g | 2,8g |
| Snack | Penny wafel | kaas, vanille, kokos, chocolade | 180 | 15g | 9g |
| Lunch | Soep | tomaat, noodle, kip, asperge, champignon, groente, thais | 87 | 17g | 2,8g |
| Snack | Shake of pudding | aardbei, chocolade, karamel, banaan, vanille, koffie | 93 | 17g | 2,8g |
| Diner | Maaltijd | chili, spicy spaghetti, aardappelpuree | 110 | 13g | 8,4g |
| Groenten | 400 gram groenten | | 120 | 7,2g | 10g |
| Overig | 2 kalium tabletten | | 0 | 0g | 0g |
| | Totaal | | 681 | 87,2 | 35,8 |

| Dag 7 | Product | Opties | kcal | eiw | khd |
|----------------|---------------------|---|------------|-------------|-------------|
| Ontbijt | Pannenkoek | appel, chocolade-banaan, naturel | 96 | 16g | 4,4g |
| Snack | Pure chocolade reep | aardbei chocolade, karamel, mokka, chocolade, etc. | 124 | 9,9g | 7,4g |
| Lunch | Soep | tomaat, noodle, kip, asperge, champignon, groente, thais | 87 | 17g | 2,8g |
| Snack | Shake of pudding | aardbei, chocolade, karamel, banaan, vanille, koffie | 93 | 17g | 2,8g |
| Diner | Omelet | fijne kruiden, kaas bacon, mediterrane, bieslook ui, kaas | 91 | 17g | 2,5g |
| Groenten | 400 gram groenten | | 120 | 7,2g | 10g |
| Overig | 2 kalium tabletten | | 0 | 0g | 0g |
| | Totaal | | 611 | 84,1 | 27,1 |

| Dag 8 | Product | Opties | kcal | eiw | khd |
|----------------|---------------------|--|------------|-------------|-------------|
| Ontbijt | Smoothie | mango, aardbei, banaan in fles | 104 | 15g | 2,5g |
| Snack | Pure chocolade reep | aardbei chocolade, karamel, mokka, chocolade, etc. | 124 | 9,9g | 7,4g |
| Lunch | Toast met beleg | roggebrood met smeerkaas, toast met pate, etc. | 175 | 13g | 7g |
| Snack | Shake of pudding | aardbei, chocolade, karamel, banaan, vanille, koffie | 93 | 17g | 2,8g |
| Diner | Soep | tomaat, noodle, kip, asperge, champignon, groente, thais | 87 | 17g | 2,8g |
| Groenten | 400 gram groenten | | 120 | 7,2g | 10g |
| Overig | 2 kalium tabletten | | 0 | 0g | 0g |
| | Totaal | | 703 | 79,1 | 32,5 |

| Dag 9 | Product | Opties | kcal | eiw | khd |
|----------------|---------------------|---|------------|-------------|-------------|
| Ontbijt | Kant-en-klare shake | chocolade, vanille, mokka in pakje | 98 | 15g | 1,9g |
| Snack | Penny wafel | kaas, vanille, kokos, chocolade | 180 | 15g | 9g |
| Lunch | Soep | tomaat, noodle, kip, asperge, champignon, groente, thais | 87 | 17g | 2,8g |
| Snack | Snack | barbecue nootjes, soja bites, chocolade bolletjes, etc. | 125 | 12,6g | 4,4g |
| Diner | Omelet | fijne kruiden, kaas bacon, mediterrane, bieslook ui, kaas | 91 | 17g | 2,5g |
| Groenten | 400 gram groenten | | 120 | 7,2g | 10g |
| Overig | 2 kalium tabletten | | 0 | 0g | 0g |
| | Totaal | | 701 | 83,8 | 30,6 |

| Dag 10 | Product | Opties | kcal | eiw | khd |
|----------------|--------------------|--|------------|-------------|-------------|
| Ontbijt | Warme drank | cacao, cappuccino, latte | 91 | 18g | 2,8g |
| Snack | Penny wafel | kaas, vanille, kokos, chocolade | 180 | 15g | 9g |
| Lunch | Soep | tomaat, noodle, kip, asperge, champignon, groente, thais | 87 | 17g | 2,8g |
| Snack | Shake of pudding | aardbei, chocolade, karamel, banaan, vanille, koffie | 93 | 17g | 2,8g |
| Diner | Maaltijd | chili, spicy spaghetti, aardappelpuree | 110 | 13g | 8,4g |
| Groenten | 400 gram groenten | | 120 | 7,2g | 10g |
| Overig | 2 kalium tabletten | | 0 | 0g | 0g |
| | Totaal | | 681 | 87,2 | 35,8 |

| Dag 11 | Product | Opties | kcal | eiw | khd |
|----------------|---------------------|--|------------|-------------|-------------|
| Ontbijt | Ontbijtgranen | muesli, ontbijtgranen, flakes | 106 | 13,1g | 7,1g |
| Snack | Snack | barbecue nootjes, soja bites, chocolade bolletjes, etc. | 125 | 12,6g | 4,4g |
| Lunch | Soep | tomaat, noodle, kip, asperge, champignon, groente, thais | 87 | 17g | 2,8g |
| Snack | Kant-en-klare shake | chocolade, vanille, mokka in pakje | 98 | 15g | 1,9g |
| Diner | Maaltijd | chili, spicy spaghetti, aardappelpuree | 110 | 13g | 8,4g |
| Groenten | 400 gram groenten | | 120 | 7,2g | 10g |
| Overig | 2 kalium tabletten | | 0 | 0g | 0g |
| | Totaal | | 646 | 77,9 | 34,7 |

| Dag 12 | Product | Opties | kcal | eiw | khd |
|----------------|---------------------|--|------------|-----------|-------------|
| Ontbijt | Smoothie | mango, aardbei, banaan in fles | 104 | 15g | 2,5g |
| Snack | Pure chocolade reep | aardbei chocolade, karamel, mokka, chocolade, etc. | 124 | 9,9g | 7,4g |
| Lunch | Toast met beleg | roggebrood met smeerkaas, toast met pate, etc. | 175 | 13g | 7g |
| Snack | Pure chocolade reep | aardbei chocolade, karamel, mokka, chocolade, etc. | 124 | 9,9g | 7,4g |
| Diner | Soep | tomaat, noodle, kip, asperge, champignon, groente, thais | 87 | 17g | 2,8g |
| Groenten | 400 gram groenten | | 120 | 7,2g | 10g |
| Overig | 2 kalium tabletten | | 0 | 0g | 0g |
| | Totaal | | 734 | 72 | 37,1 |

| Dag 13 | Product | Opties | kcal | eiw | khd |
|----------------|--------------------|---|------------|-------------|-----------|
| Ontbijt | Haverhout | crispy, crispy chocolade, appel | 89 | 13,3g | 3,5g |
| Snack | Snack | barbecue nootjes, soja bites, chocolade bolletjes, etc. | 125 | 12,6g | 4,4g |
| Lunch | Soep | tomaat, noodle, kip, asperge, champignon, groente, thais | 87 | 17g | 2,8g |
| Snack | Shake of pudding | aardbei, chocolade, karamel, banaan, vanille, koffie | 93 | 17g | 2,8g |
| Diner | Omelet | fijne kruiden, kaas bacon, mediterrane, bieslook ui, kaas | 91 | 17g | 2,5g |
| Groenten | 400 gram groenten | | 120 | 7,2g | 10g |
| Overig | 2 kalium tabletten | | 0 | 0g | 0g |
| | Totaal | | 605 | 84,1 | 26 |

| Dag 14 | Product | Opties | kcal | eiw | khd |
|----------------|---------------------|--|------------|-------------|-------------|
| Ontbijt | Warme drank | cacao, cappuccino, latte | 91 | 18g | 2,8g |
| Snack | Pure chocolade reep | aardbei chocolade, karamel, mokka, etc. | 124 | 9,9g | 7,4g |
| Lunch | Soep | tomaat, noodle, kip, asperge, champignon, groente, thais | 87 | 17g | 2,8g |
| Snack | Shake of pudding | aardbei, chocolade, karamel, banaan, vanille, koffie | 93 | 17g | 2,8g |
| Diner | Maaltijd | chili, spicy spaghetti, aardappelpuree | 110 | 13g | 8,4g |
| Groenten | 400 gram groenten | | 120 | 7,2g | 10g |
| Overig | 2 kalium tabletten | | 0 | 0g | 0g |
| | Totaal | | 625 | 82,1 | 34,2 |