

# Voorbeeld eetschema

## Startpakket 8 dagen deluxe

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

| Dag 2          | Product             | Opties                                                    | kcal       | eiw         | khd         |
|----------------|---------------------|-----------------------------------------------------------|------------|-------------|-------------|
| <b>Ontbijt</b> | Warme drank         | cacao, cappuccino, latte                                  | 91         | 18g         | 2,8g        |
| <b>Snack</b>   | Snack               | barbecue nootjes, soja bites, chocolade bolletjes etc.    | 125        | 12,6g       | 4,4g        |
| <b>Lunch</b>   | Soep                | tomaat, noodle, kip, asperge, champignon, groente, thais  | 87         | 17g         | 2,8g        |
| <b>Snack</b>   | Pure chocolade reep | aardbei chocolade, karamel, mokka, chocolade etc.         | 124        | 9,9g        | 7,4g        |
| <b>Diner</b>   | 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          |
|                | <b>Totaal</b>       |                                                           | <b>638</b> | <b>81,7</b> | <b>29,9</b> |

| Dag 3          | Product            | Opties                                                   | kcal       | eiw         | khd         |
|----------------|--------------------|----------------------------------------------------------|------------|-------------|-------------|
| <b>Ontbijt</b> | Ontbijtgranen      | muesli, ontbijtgranen, flakes                            | 106        | 13,1g       | 7,1g        |
| <b>Snack</b>   | Penny wafel        | kaas, vanille, kokos, chocolade                          | 180        | 15g         | 9g          |
| <b>Lunch</b>   | Soep               | tomaat, noodle, kip, asperge, champignon, groente, thais | 87         | 17g         | 2,8g        |
| <b>Snack</b>   | Shake of pudding   | aardbei, chocolade, karamel, banaan, vanille, koffie     | 93         | 17g         | 2,8g        |
| <b>Diner</b>   | Maaltijd           | chili, spicy spaghetti, aardappelpuree                   | 110        | 13g         | 8,4g        |
| Groenten       | 400 gram groenten  |                                                          | 120        | 7,2g        | 10g         |
| Overig         | 2 kalium tabletten |                                                          | 0          | 0g          | 0g          |
|                | <b>Totaal</b>      |                                                          | <b>696</b> | <b>82,3</b> | <b>40,1</b> |

| Dag 4          | Product            | Opties                                                    | kcal       | eiw         | khd       |
|----------------|--------------------|-----------------------------------------------------------|------------|-------------|-----------|
| <b>Ontbijt</b> | Havermout          | crispy, crispy chocolade, appel                           | 89         | 13,3g       | 3,5g      |
| <b>Snack</b>   | Snack              | barbecue nootjes, soja bites, chocolade bolletjes, etc.   | 125        | 12,6g       | 4,4g      |
| <b>Lunch</b>   | Soep               | tomaat, noodle, kip, asperge, champignon, groente, thais  | 87         | 17g         | 2,8g      |
| <b>Snack</b>   | Shake of pudding   | aardbei, chocolade, karamel, banaan, vanille, koffie      | 93         | 17g         | 2,8g      |
| <b>Diner</b>   | 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        |
|                | <b>Totaal</b>      |                                                           | <b>545</b> | <b>84,1</b> | <b>26</b> |

| Dag 5          | Product            | Opties                                                    | kcal       | eiw         | khd         |
|----------------|--------------------|-----------------------------------------------------------|------------|-------------|-------------|
| <b>Ontbijt</b> | Pannenkoek         | appel, chocolade-banaan, naturel                          | 96         | 16g         | 4,4g        |
| <b>Snack</b>   | Penny wafel        | kaas, vanille, kokos, chocolade                           | 180        | 15g         | 9g          |
| <b>Lunch</b>   | Toast met beleg    | roggebrood met smeerkaas, toast met pate, etc.            | 175        | 13g         | 7g          |
| <b>Snack</b>   | Shake of pudding   | aardbei, chocolade, karamel, banaan, vanille, koffie      | 93         | 17g         | 2,8g        |
| <b>Diner</b>   | 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          |
|                | <b>Totaal</b>      |                                                           | <b>755</b> | <b>85,2</b> | <b>35,7</b> |

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

| Dag 7          | Product             | Opties                                                    | kcal       | eiw         | khd         |
|----------------|---------------------|-----------------------------------------------------------|------------|-------------|-------------|
| <b>Ontbijt</b> | Pannenkoek          | appel, chocolade-banaan, naturel                          | 96         | 16g         | 4,4g        |
| <b>Snack</b>   | Pure chocolade reep | aardbei chocolade, karamel, mokka, chocolade, etc.        | 124        | 9,9g        | 7,4g        |
| <b>Lunch</b>   | Soep                | tomaat, noodle, kip, asperge, champignon, groente, thais  | 87         | 17g         | 2,8g        |
| <b>Snack</b>   | Shake of pudding    | aardbei, chocolade, karamel, banaan, vanille, koffie      | 93         | 17g         | 2,8g        |
| <b>Diner</b>   | 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          |
|                | <b>Totaal</b>       |                                                           | <b>611</b> | <b>84,1</b> | <b>27,1</b> |

| Dag 8          | Product             | Opties                                                   | kcal       | eiw         | khd         |
|----------------|---------------------|----------------------------------------------------------|------------|-------------|-------------|
| <b>Ontbijt</b> | Smoothie            | mango, aardbei, banaan in fles                           | 104        | 15g         | 2,5g        |
| <b>Snack</b>   | Pure chocolade reep | aardbei chocolade, karamel, mokka, chocolade, etc.       | 124        | 9,9g        | 7,4g        |
| <b>Lunch</b>   | Toast met beleg     | roggebrood met smeerkaas, toast met pate, etc.           | 175        | 13g         | 7g          |
| <b>Snack</b>   | Shake of pudding    | aardbei, chocolade, karamel, banaan, vanille, koffie     | 93         | 17g         | 2,8g        |
| <b>Diner</b>   | 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          |
|                | <b>Totaal</b>       |                                                          | <b>703</b> | <b>79,1</b> | <b>32,5</b> |