

# VOEDINGSSCHEMA

1600-1700 calorieën

|        | ONTBIJT                                                                                                                   | SNACK 1                                                                                                                                         | LUNCH                                                                                                                          | SNACK 2                                                                                                         | DINER                                                                                                                               | PRE-BED                                                                                                                          |
|--------|---------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------|
| M<br>A | <br>Ontbijtkoek bowl<br>p. 108           | <br>1 rijstwafel met 10<br>gr pindakaas                        | <br>Zalm frittata<br>p. 117                   | <br>Snack worteltjes<br>200 gr | <br>Pad gra prow<br>p. 152                       | <br>Pineappel chees-<br>cake bowl<br>p. 102   |
| D<br>I | <br>Stracciatella<br>ontbijt<br>p. 104   | <br>1 rijstwafel met 25<br>gr Hüttekäse<br>bieslook-peterselie | <br>Zalm frittata<br>p. 117                   | <br>Druiven 200 gr             | <br>Pad gra prow<br>p. 152                       | <br>Pineappel chees-<br>cake bowl<br>p. 102   |
| W<br>O | <br>Courgette haver-<br>mout<br>p. 100 | <br>1 rijstwafel met 50<br>gr kipfilet (broodbeleg)          | <br>Bloemkool sushi<br>bowl<br>p. 123       | <br>Komkommer 200 gr         | <br>Witvis met groente<br>puree<br>p.150       | <br>Zoete aardappel<br>kwark<br>p. 61       |
| D<br>O | <br>Wortel mugcake<br>p. 110           | <br>1 rijstwafel met 25<br>gr Hüttekäse<br>tomaten tapenade  | <br>Bloemkool sushi<br>bowl<br>p. 123       | <br>2 mandarijnen            | <br>Pinda soep<br>p. 138                       | <br>Pineappel chees-<br>cake bowl<br>p. 102 |
| V<br>R | <br>Tofu yoghurt<br>p. 106             | <br>1 rijstwafel met 50<br>gr kipfilet (broodbeleg)          | <br>Komkommer<br>broodjes<br>p. 117         | <br>Snoeptomaatjes<br>200 gr | <br>Pinda soep<br>p. 138                       | <br>Chocolade bloem-<br>koolpap<br>p. 106   |
| Z<br>A | <br>Ontbijtkoek bowl<br>p. 108         | <br>1 rijstwafel met 10<br>gr pindakaas                      | <br>Hamburger guaca-<br>mole wrap<br>p. 127 | <br>1 kiwi                   | <br>Portobello pine-<br>apple burger<br>p. 134 | <br>Pizza poppers<br>p. 163                 |
| Z<br>O | <br>Stracciatella<br>ontbijt<br>p. 104 | <br>1 rijstwafel met 25<br>gr Hüttekäse<br>tomaten tapenade  | <br>Thaise garnalen<br>salade<br>p. 121     | <br>Komkommer 200 gr         | <br>Scampi zucchini<br>p. 148                  | <br>Peanutbutter<br>quesadilla<br>p. 159    |