

	dag 1	dag 2	dag 3	dag 4	dag 5
ontbijt	1-2 koppen koffie/thee 1 plak brood 1 gekookt ei 1 appel	1-2 koppen koffie/thee 2 plakken brood 1 eetlepel jam 1 banaan	1-2 koppen koffie/thee 1 plak brood 1 plak magere kaas 20 + of slankie 1 gekookt ei	1-2 koppen koffie/thee 1 plak brood 50 gr vleeswaar 1 sinaasappel	1-2 koppen koffie/thee 2 plakken brood 1 ons magere kaas
lunch	2 plakken brood 1 ons vleeswaar 1 zure augurk 1 glas sap	1 banaan 2 plakken brood 250 gr magere kwark 1 glas sap	2 plakken brood 1 ons vleeswaar 1 kop koffie of thee 1 klein broodje of knackebrod	2 plakken brood 1 ons vlees(waar) 1 grote portie sla 1 glas sap	1 banaan 1-2 koppen koffie/thee 1 stuk appeltaart of 2 bruine broodjes
diner	1 sinaasappel 100-120 gr vlees 2 soeplepels groente 2 kleine aardappelen 1 glas kamemelk	1 appel 1 ons mager vlees 2 eetlepels aardappelsalade 1 grote portie sla 1 glas sap	1 sinaasappel 1 ons vlees 1 soeplepel gekookte rijst 1 portie sla	2 soeplepels macedoine 1 glas kamemelk 2 knackebrod	1 ons vlees of vis 3 eetlepels aardappelsalade 1 portie sla 1 klein glas bier/cola

	dag 6	dag 7	dag 8	dag 9	dag 10
ontbijt	1-2 koppen koffie/thee 2 plakken brood 2 gekookte eieren	1-2 koppen koffie/thee 2 plakken brood 1 eetlepel jam	1-2 koppen koffie/thee 2 broodjes 20 gr boter 1 eetlepel honing	1-2 koppen koffie/thee 1 plak brood 50 gr vleeswaar 1 gekookt ei	1-2 koppen koffie/thee 1 plak brood 50 gr magere kaas 1 appel
lunch	2 broodjes 1 ons vleeswaar	2 plakken brood 50 gr magere kaas of slankie 1 zure augurk 2 koppen koffie/thee 1 appel- of kwarktaart zonder slagroom	1 sinaasappel 2 plakken brood 250 gr magere kwark 1 kop thee	2 plakken brood 100 gr ham 1 zure augurk 1 glas sap	2 plakken brood 1 ons vleeswaar 1 gekookt ei 1 kop koffie of thee
diner	1 soeplepel goulash vlees 2 aardappelen 1 grote portie sla 1 glas sap	1/2 haantje 2 eetlepels aardappelsalade 1 kleine portie sla 5 halve perziken zonder sap 1 glas sap	1 tartaartje 100 gr 2 soeplepels groente 2 kleine aardappelen 1 glas sap	3 knakworstjes 1 plak bloedworst veel zuurkool 2 kleine aardappelen 1 (sinaas)appel	100 gr mager vlees 1 soeplepel spaghetti 1 grote portie sla 1 glas kamemelk of sap

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