



1. 3,5 wasa crackers, 4 eggs – 2 yellow + MV
2. Shake (1 scoop whey isolaat) met appel.
3. 2 rice cakes , 50 gr kipfilet / runderrookvlees/ carpaccio/ rosbief/ kalkoen/ tonijn (waterbasis), ½ avocado (40gr)
4. 2- rijstwafels/crackers- 20 gr jam- 150 gr cottage cheese + MV
5. 50 gr rijst of pasta- boiled weight (20 gr ongekookt /) OF 100 gr Airfryer friet, 80 gr kipfilet/ tartaar / biefstuk, 100 gr groente.
6. 3 eieren- waarvan 1 heel ei of 200 gr Skyr/ kwark naturel - slimpie (suikervrije limonade) OF shake (1 scoop)

Bakken in cocosolie: --- Water 2-3 liter per dag

Tijdens trainen: 5 gr creatine (kre alkaline) - 5 gr bcaa- 5 gr eaa - pre workout (mag)

Na trainen: 2 rice cakes – 20 gr jam (no added sugars one) 10 gr eaa , 5 gr glutamine, 5 gr creatine - 20 gr whey isolaat (1 schep) na 30 max 60 min the next meal with carbs.

MV=

Vitaminen 2 x daags:

1x Multi vit

1x Vit C 1000mg

1x CLA (vetverbranding)

1x Omega 3/6

1x zink 25 mg

Salt : 1,5 grams daily added to your meals.

Water: 2- 3 liters daily (0,5 liter after every meal / 2 glasses of water)

Cardio : 3 x 25 minutes a week.