

PRTN MACRO LIST

Food + Cheats

Gerecht	kcal	Eiwit	KH	Vet
FOOD - hoogste kcal bovenaan				
Pasta Pesto + 120 g Gegrilde Kip	±1.050	67 g	92 g	50 g
Chicken Burger (180 g kip)	±840	64 g	48 g	41 g
Pulled Chicken Sandwich	±826	41,3 g	44,7 g	50,1 g
Pasta Pesto	±825	31 g	91 g	38 g
Grilled Cheese & Chicken	±760	41 g	43 g	41 g
Vegan Mood	±760	36 g	77 g	34 g
Tempeh Sandwich	±736	36,5 g	67 g	35 g
Caesar Salad + 120 g Gegrilde Kip	±715	60 g	25 g	42 g
Pulled Chicken Meal	±710	46 g	43 g	39 g
Burrito Sin Carne	±700	33 g	89 g	24 g
Tuna Melt	±690	46 g	45 g	35 g
Gegrilde Kip Roll	±625	39 g	47 g	31 g
Caprese Protein Bun	592	39,8 g	29,8 g	33,0 g
Pizza Roll	±590	36 g	48 g	27 g
High Protein Tuna Sandwich	±576	42,5 g	47 g	23 g
Caprese Melt	±575	28 g	41 g	31 g
Grilled Cheese	±560	31 g	42 g	29 g
Chicken Tenders (150 g + 50 g BBQ)	±560	34 g	42 g	27 g
Caesar Salad	±490	25 g	24 g	32 g
CHEATS				
Brown Butter Espresso Protein Cookie	±451	6,5 g	52,8 g	23,9 g
Almond Butter Cookie Dough Bite	±136	2,9 g	15,1 g	7,5 g
Vegan Carrot Cupcake	±233	7,0 g	16,5 g	16,1 g
Vegan Kaneel-Bananencake + Frosting	±323	6,6 g	42,0 g	14,9 g
Biscoff Overnight Oats	413	29 g	44 g	14–15 g
Matcha Rocky Road (50 g)	±247	6,1 g	26,4 g	13,8 g
High Protein Cheesecake	±234	7,8 g	22,2 g	12,8 g
High Protein Koffie Brownie	±346	7,7 g	31,8 g	21,6 g

Macro's zijn richtwaarden en kunnen licht variëren per merk, batch en bereiding.