

Die 28 Dae Eetplan

DAG 1	DAG 2	DAG 3	DAG 4
Ontbyt: Graankos & 2% Melk Middagete: Hoender & 1 Groente Aandete: Sop, 1 Toast & Kaas	Ontbyt: Droë Vrugte Middagete: Vis & Slaai/Groente Aandete: 2 Eiers & Tamatie/Uie	Ontbyt: Joghurt & 1 Vrug Middagete: 1 Aartappel & 1 Groente Aandete: 3 Vrugte	Ontbyt: Graankos & 2% Melk Middagete: Pasta & Tamatie/Uie Aandete: 1 Vrug, 6 Provitas & Kaas
DAG 5	DAG 6	DAG 7	DAG 8
Ontbyt: Joghurt & 1 Vrug Middagete: Vis & Slaai/Groente Aandete: 1 Groente	Ontbyt: Droë Vrugte Middagete: 1 Aartappel & 1 Groente Aandete: Sop, 1 Toast & Marmite	Ontbyt: Graankos & 2% Melk Middagete: Hoender & Slaai/Groente Aandete: 2 Eiers, 1 Toast & Tamatie	Ontbyt: Joghurt & 1 Vrug Middagete: Tuna Slaai Aandete: 3 Vrugte
DAG 9	DAG 10	DAG 11	DAG 12
Ontbyt: Graankos & 2% Melk Middagete: 1 Aartappel & 1 Groente Aandete: 2 Eiers & 1 Toast	Ontbyt: Graankos & 2% Melk Middagete: Sop, 4 Provitas & Kaas Aandete: 1 Groente	Ontbyt: Joghurt & 1 Vrug Middagete: Vis & Slaai/Groente Aandete: 3 Vrugte	Ontbyt: Droë Vrugte Middagete: Vrugteslaai Aandete: Rooibors & Groente
DAG 13	DAG 14	DAG 15	DAG 16
Ontbyt: Graankos & 2% Melk Middagete: 1 Groente Aandete: Pasta & Tamatie/Uie	Ontbyt: Droë Vrugte Middagete: Hoender & Slaai/Groente Aandete: Joghurt & 2 Vrugte	Ontbyt: 1 Toast & Tamatie Middagete: Komkommie & Wortels Aandete: Sop, 1 Toast & Kaas	Ontbyt: Graankos & 2% Melk Middagete: Tuna Slaai Aandete: Vrugteslaai
DAG 17	DAG 18	DAG 19	DAG 20
Ontbyt: Droë Vrugte Middagete: 1 Aartappel & 1 Groente Aandete: Sop, 1 Toast & Kaas	Ontbyt: 1 Toast & Tamatie Middagete: 2 Eiers & Sampioene Aandete: Vrugteslaai	Ontbyt: Graankos & 2% Melk Middagete: Hoender & Slaai/Groente Aandete: 1 Vrug, 1 Toast & Kaas	Ontbyt: Droë Vrugte Middagete: 2 Eiers & Sampioene Aandete: Vrugteslaai
DAG 21	DAG 22	DAG 23	DAG 24
Ontbyt: Joghurt & 1 Vrug Middagete: Rooibors & Groente Aandete: 1 Vrug, 6 Provitas & Kaas	Ontbyt: Vrugte Middagete: Vrugteslaai & Joghurt Aandete: Vrugte	Ontbyt: Graankos & 2% Melk Middagete: Hoender & Slaai/Groente Aandete: Sampioene & Slaaslaai	Ontbyt: 1 Eier, 1 Toast & Tamatie Middagete: Pasta & Tamatie/Uie Aandete: Sop, 1 Toast & Marmite
DAG 25	DAG 26	DAG 27	DAG 28
Ontbyt: Droë Vrugte Middagete: Gemengde Groente Aandete: Vrugte	Ontbyt: Joghurt & 1 Vrug Middagete: Vis & Slaai/Groente Aandete: 1 Groente	Ontbyt: Droë Vrugte Middagete: 1 Aartappel & 1 Groente Aandete: Sop, 1 Toast & Marmite	Ontbyt: Graankos & 2% Melk Middagete: Hoender & Slaai/Groente Aandete: 2 Eiers, Tamatie & 1 Toast



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