

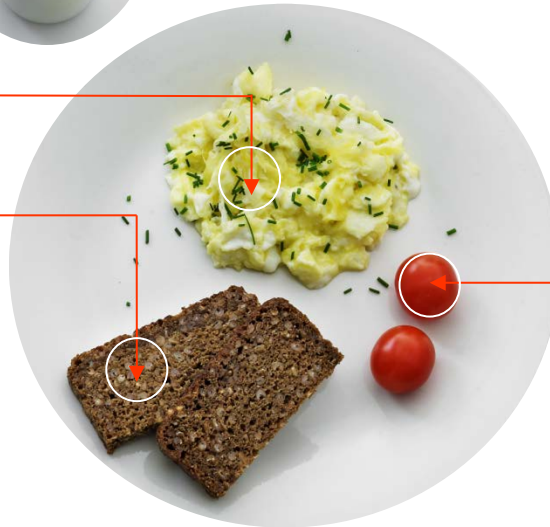
# Morgenmad

## Hvor kommer protein fra?

Minimælk  
7 g



Æg  
15 g



Rugbrød  
2,5 g

Tomat  
< 0,5 g

**I alt 25 g protein**

2 æg, 5 g olie, 50 g fuldkornsrugbrød, 30 g cherrytomater, 2 dl minimælk  
Kilde: [www.foodcomp.dk](http://www.foodcomp.dk)

# Morgenmad

## Hvor kommer protein fra?

Mandler  
2 g

Yoghurt  
16,5 g



Havregryn  
2,5 g

**I alt 21 g protein**

300 g yoghurt, 20 g havregryn, 10 g mandler

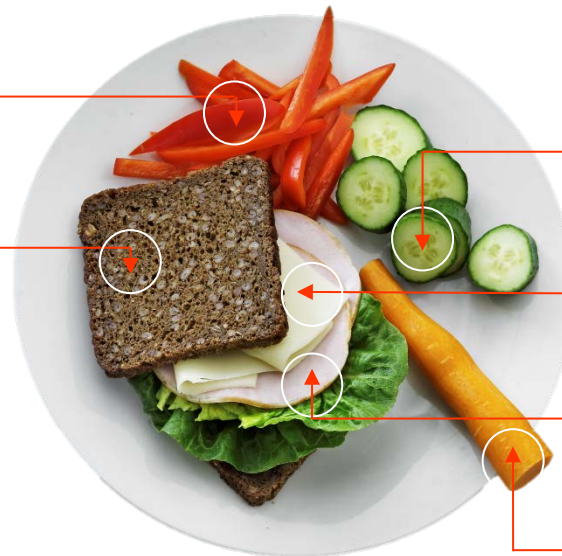
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# Frokost

## Hvor kommer protein fra?

Peberfrugt  
0,5 g

Rugbrød  
5 g



Agurk  
0,5 g

Ost  
11,5 g

Hamburgerryg  
6 g

Gulerod  
0,5 g

**I alt 24 g protein**

100 g rugbrød, 32 g hamburgerryg, 40 g ost (16 % fedt), 60 g agurk, 50 g gulerod, 50 g peberfrugt, 25 g iceberg

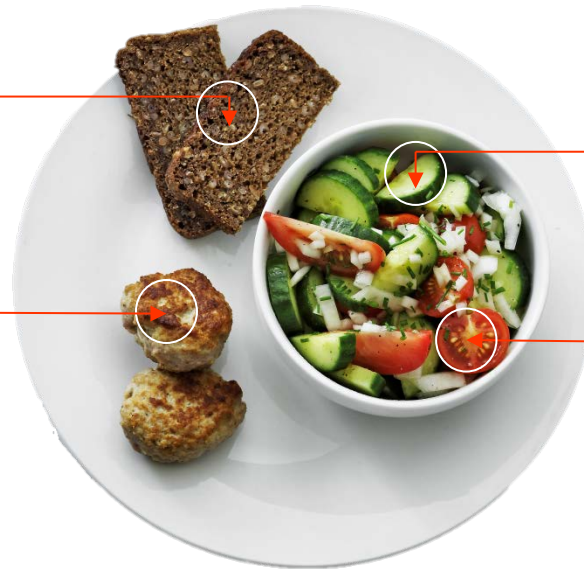
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# Frokost

## Hvor kommer protein fra?

Rugbrød  
2,5 g

Frikadelle  
16 g



Agurk  
0,5 g

Tomat  
1 g

**I alt 20 g protein**

110 g frikadeller, 125 g tomat, 75 g agurk, 10 g løg, 15 g olie, 50 g rugbrød

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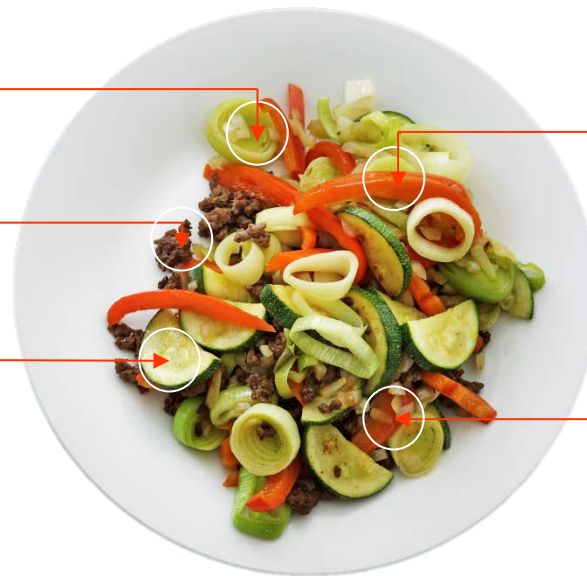
# Aftensmad

## Hvor kommer protein fra?

Porre  
2 g

Hakket oksekød  
20,5 g

Squash  
1,5 g



Peberfrugt  
1 g

Sojasauce  
2 g

**I alt 27 g protein**

100 g oksekød, 30 g sojasauce, 100 g porre, 100 g peberfrugt, 100 g squash

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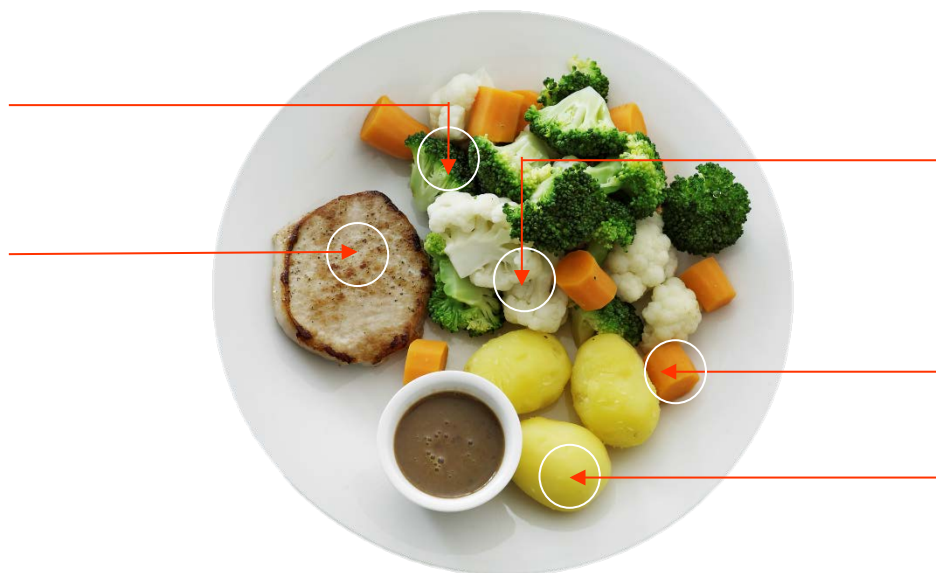
# Aftensmad

## Hvor kommer protein fra?

Broccoli  
5 g

Svinekotelet  
20 g

Resten  
< 0,5 g



Blomkål  
2 g

Gulerod  
1 g

Kartofler  
2,5 g

**I alt 31 g protein**

90 g svinekotelet, 5 g olie, 120 g kartofler, 100 g blomkål, 100 g gulerod, 100 g broccoli, 75 g bouillon  
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