Recipe 1 - Aardappel schotel uit oven

|  |  |
| --- | --- |
| FACTOR INGREDIENT PROTEINVALUE  0 0.250 MUSHROOM 25  1 0.500 POTATO 20  2 0.015 ROSEMARY 35  3 0.060 ONIONS 10  4 0.005 GARLIC 65  5 0.045 OLIVE OIL 0  6 0.200 BRIE 170  total protein value of recipe: 51.70 | FACTOR INGREDIENT PROTEINVALUE  0 **0.250 TEMPEH 120**  1 0.500 POTATO 20  2 0.015 ROSEMARY 35  3 0.060 ONIONS 10  4 0.005 GARLIC 65  5 0.045 OLIVE OIL 0  6 0.200 BRIE 170  total protein value of recipe: 75.45 |
| FACTOR INGREDIENT PROTEINVALUE  0 **0.250 TEMPEH 120**  1 **0.500 LOTUS ROOT 26**  2 0.015 ROSEMARY 35  3 0.060 ONIONS 10  4 0.005 GARLIC 65  5 0.045 OLIVE OIL 0  6 0.200 BRIE 170  total protein value of recipe: 78.45 | FACTOR INGREDIENT PROTEINVALUE  0 **0.250 TEMPEH 120**  1 **0.500 LOTUS ROOT 26**  2 **0.015 SAVORY 60**  3 0.060 ONIONS 10  4 0.005 GARLIC 65  5 0.045 OLIVE OIL 0  6 0.200 BRIE 170  total protein value of recipe: 78.825 |

Recipe 2 - Andijvie Stamppot

|  |  |
| --- | --- |
| FACTOR INGREDIENT PROTEINVALUE  0 1.500 POTATO 20  1 0.200 MILK 35  2 0.200 BRIE 170  3 0.020 THYME 55  4 0.065 WALNUTS 170  5 0.500 ENDIVE 15  total protein value of recipe: 90.649 | FACTOR INGREDIENT PROTEINVALUE  0 **1.500 LOTUS ROOT 26**  1 0.200 MILK 35  2 0.200 BRIE 170  3 0.020 THYME 55  4 0.065 WALNUTS 170  5 0.500 ENDIVE 15  total protein value of recipe: 99.649 |
| FACTOR INGREDIENT PROTEINVALUE  0 **1.500 LOTUS ROOT 26**  1 0.200 MILK 35  2 **0.200 CAMEMBERT 210**  3 0.020 THYME 55  4 0.065 WALNUTS 170  5 0.500 ENDIVE 15  total protein value of recipe: 107.64999999999999 | FACTOR INGREDIENT PROTEINVALUE  0 **1.500 LOTUS ROOT 26**  1 0.200 MILK 35  2 **0.200 CAMEMBERT 210**  3 **0.020 SAVORY 60**  4 0.065 WALNUTS 170  5 0.500 ENDIVE 15  total protein value of recipe: 107.75 |

Recipe 3 – Pasta met verse zalm

|  |  |
| --- | --- |
| FACTOR INGREDIENT PROTEINVALUE  0 0.400 UNSALTED BUTTER 6  1 0.480 SALMON FILLET 190  2 0.065 PINE NUTS 190  3 0.400 TAGLIATELLE 100  4 0.600 BROOCCOLI 30  5 0.030 LEMON JUICE 4  total protein value of recipe: 164.07 | FACTOR INGREDIENT PROTEINVALUE  0 0.400 UNSALTED BUTTER 6  1 0.480 SALMON FILLET 190  2 **0.065 SUNFLOWER SEEDS 280**  3 0.400 TAGLIATELLE 100  4 0.600 BROOCCOLI 30  5 0.030 LEMON JUICE 4  total protein value of recipe: 169.92 |
| FACTOR INGREDIENT PROTEINVALUE  0 0.400 UNSALTED BUTTER 6  1 0.480 SALMON FILLET 190  2 **0.065 SUNFLOWER SEEDS 280**  3 0.400 TAGLIATELLE 100  4 **0.600 BROOCCOLI RAAB 35**  5 0.030 LEMON JUICE 4  total protein value of recipe: 172.92 | FACTOR INGREDIENT PROTEINVALUE  0 0.400 UNSALTED BUTTER 6  1 0.480 SALMON FILLET 190  2 **0.065 SUNFLOWER SEEDS 280**  3 0.400 TAGLIATELLE 100  4 **0.600 BROOCCOLI RAAB 35**  5 **0.030 GRAPEFRUIT 9**  total protein value of recipe: 173.07 |

Recipe 4 – Snelle pepermacaroni met ham

|  |  |
| --- | --- |
| FACTOR INGREDIENT PROTEINVALUE  0 0.300 MACARONI 110  1 0.125 MOZZARELLA 180  2 0.250 HAMBLUBS 150  3 0.075 RUCOLA 35  4 0.015 PEPPER 9.90  5 0.100 GRATED EXTRA TRADED CHEESE 320  total protein value of recipe: 127.7735 | FACTOR INGREDIENT PROTEINVALUE  0 **0.300 CONCHIGLIE 140**  1 **0.125 EMMENTHAL 280.70**  2 0.250 HAMBLUBS 150  3 0.075 RUCOLA 35  4 0.015 PEPPER 9.90  5 0.100 GRATED EXTRA TRADED CHEESE 320  total protein value of recipe: 149.361 |
| FACTOR INGREDIENT PROTEINVALUE  0 **0.300 CONCHIGLIE 140**  1 0.125 MOZZARELLA 180  2 0.250 HAMBLUBS 150  3 0.075 RUCOLA 35  4 0.015 PEPPER 9.90  5 0.100 GRATED EXTRA TRADED CHEESE 320  total protein value of recipe: 136.7735 | FACTOR INGREDIENT PROTEINVALUE  0 **0.300 CONCHIGLIE 140**  1 **0.125 EMMENTHAL 280.70**  2 **0.250 CANADIAN BACON 283.10**  3 0.075 RUCOLA 35  4 0.015 PEPPER 9.90  5 0.100 GRATED EXTRA TRADED CHEESE 320  total protein value of recipe: 182.636 |

Recipe 5 – Garnalen Quiche

|  |  |
| --- | --- |
| FACTOR INGREDIENT PROTEINVALUE  0 0.225 DOUGH 70  1 0.010 PEPPER 9.9  2 0.010 GARLIC 65  3 0.015 OLIVE OIL 0  4 0.200 SHRIMPS 190  5 0.200 EGGS 120  6 0.250 WHIPPED CREAM 25  total protein value of recipe: 84.749 | FACTOR INGREDIENT PROTEINVALUE  0 0.225 DOUGH 70  1 **0.010 CAYENNE PEPPER 120.1**  2 0.010 GARLIC 65  3 0.015 OLIVE OIL 0  4 0.200 SHRIMPS 190  5 0.200 EGGS 120  6 0.250 WHIPPED CREAM 25  total protein value of recipe: 85.851 |
| FACTOR INGREDIENT PROTEINVALUE  0 0.225 DOUGH 70  1 **0.010 CAYENNE PEPPER 120.1**  2 **0.010 GARLIC POWDER 170**  3 0.015 OLIVE OIL 0  4 0.200 SHRIMPS 190  5 0.200 EGGS 120  6 0.250 WHIPPED CREAM 25  total protein value of recipe: 86.901 | FACTOR INGREDIENT PROTEINVALUE  0 0.225 DOUGH 70  1 **0.010 CAYENNE PEPPER 120.1**  2 **0.010 GARLIC POWDER 170**  3 **0.015 CORN 32**  4 0.200 SHRIMPS 190  5 0.200 EGGS 120  6 0.250 WHIPPED CREAM 25  total protein value of recipe: 87.381 |

Recipe 6 – Visschotel met aardappelpuree

|  |  |
| --- | --- |
| FACTOR INGREDIENT PROTEINVALUE  0 0.300 ZUCCHINI 12  1 0.450 TOMATO 7  2 0.125 CREME FRAICHE 25  3 0.900 POTATO 20  4 0.416 SALMON 190  5 0.050 GREEN ONIONS 15  6 0.005 GARLIC 65  total protein value of recipe: 107.99 | FACTOR INGREDIENT PROTEINVALUE  0 **0.300 YELLOWSQUASH 120**  1 0.450 TOMATO 7  2 0.125 CREME FRAICHE 25  3 0.900 POTATO 20  4 0.416 SALMON 190  5 0.050 GREEN ONIONS 15  6 0.005 GARLIC 65  total protein value of recipe: 140.39 |
| FACTOR INGREDIENT PROTEINVALUE  0 **0.300 YELLOWSQUASH 120**  1 **0.450 SUN DRIED TOMATO 80**  2 0.125 CREME FRAICHE 25  3 0.900 POTATO 20  4 0.416 SALMON 190  5 0.050 GREEN ONIONS 15  6 0.005 GARLIC 65  total protein value of recipe: 173.24 | FACTOR INGREDIENT PROTEINVALUE  0 **0.300 YELLOWSQUASH 120**  1 **0.450 SUN DRIED TOMATO 80**  2 **0.125 YOGHURT 45**  3 0.900 POTATO 20  4 0.416 SALMON 190  5 0.050 GREEN ONIONS 15  6 0.005 GARLIC 65  total protein value of recipe: 175.74 |

Recipe 7 – Kipfilet in boter-citroen saus

|  |  |
| --- | --- |
| FACTOR INGREDIENT PROTEINVALUE  0 0.100 LEMON 8.00  1 0.900 CHICKEN FILET 230  2 0.050 FLOUR 110  3 0.075 BUTTER 6  total protein value of recipe: 213.75 | FACTOR INGREDIENT PROTEINVALUE  0 **0.100 GRAPEFUIT 9.00**  1 0.900 CHICKEN FILET 230  2 0.050 FLOUR 110  3 0.075 BUTTER 6  total protein value of recipe: 214.75 |
| FACTOR INGREDIENT PROTEINVALUE  0 **0.100 GRAPEFUIT 9.00**  1 **0.900 RABBIT 330.20**  2 0.050 FLOUR 110  3 0.075 BUTTER 6  total protein value of recipe: 304.83 | FACTOR INGREDIENT PROTEINVALUE  0 **0.100 GRAPEFUIT 9.00**  1 **0.900 RABBIT 330.20**  2 **0.050 OAT FLOUR 146.60**  3 0.075 BUTTER 6  total protein value of recipe: 306.66 |

Recipe 8 – Tortilla-tosti

|  |  |
| --- | --- |
| FACTOR INGREDIENT PROTEINVALUE  0 0.075 CHEDDAR 140  1 0.150 PAPRIKA 9  2 0.150 CORN 32  3 0.080 TORTILLA WRAPS 95  4 0.015 JALAPENO PEPPER 9  total protein value of recipe: 24.385000000000005 | FACTOR INGREDIENT PROTEINVALUE  0 **0.075 COLBY 237.6**  1 0.150 PAPRIKA 9  2 0.150 CORN 32  3 0.080 TORTILLA WRAPS 95  4 0.015 JALAPENO PEPPER 9  total protein value of recipe: 31.705000000000005 |
| FACTOR INGREDIENT PROTEINVALUE  0 **0.075 COLBY 237.6**  1 **0.150 CAYENNE PEPPER 120.1**  2 0.150 CORN 32  3 0.080 TORTILLA WRAPS 95  4 0.015 JALAPENO PEPPER 9  total protein value of recipe: 48.36999999999999 | FACTOR INGREDIENT PROTEINVALUE  0 **0.075 COLBY 237.6**  1 **0.150 CAYENNE PEPPER 120.1**  2 **0.150 BARLEY 120**  3 0.080 TORTILLA WRAPS 95  4 0.015 JALAPENO PEPPER 9  total protein value of recipe: 61.56999999999999 |

Recipe 9 – Vistaco’s

|  |  |
| --- | --- |
| FACTOR INGREDIENT PROTEINVALUE  0 0.355 COD BITS 245  1 0.135 TACO SHELL 65  2 0.500 TOMATO 7  3 0.300 BEETROOT 16  4 0.100 CHILI SAUCE 5  total protein value of recipe: 104.55 | FACTOR INGREDIENT PROTEINVALUE  0 0.355 COD BITS 245  1 **0.135 TORTILLA WRAPS 95**  2 0.500 TOMATO 7  3 0.300 BEETROOT 16  4 0.100 CHILI SAUCE 5  total protein value of recipe: 108.6 |
| FACTOR INGREDIENT PROTEINVALUE  0 0.355 COD BITS 245  1 **0.135 TORTILLA WRAPS 95**  2 **0.500 SUN DRIED TOMATO 80**  3 0.300 BEETROOT 16  4 0.100 CHILI SAUCE 5  total protein value of recipe: 145.10000000000002 | FACTOR INGREDIENT PROTEINVALUE  0 0.355 COD BITS 245  1 **0.135 TORTILLA WRAPS 95**  2 **0.500 SUN DRIED TOMATO 80**  3 0.300 BEETROOT 16  4 **0.100 SATE SAUCE 85**  total protein value of recipe: 153.10000000000002 |

Recipe 10 – Franse omelet

|  |  |
| --- | --- |
| FACTOR INGREDIENT PROTEINVALUE  0 0.025 CHIVES 40  1 0.025 PARSLEY 30  2 0.200 EGGS 120  3 0.015 DRAGON 230  4 0.015 BUTTER 6  total protein value of recipe: 29.115 | FACTOR INGREDIENT PROTEINVALUE  0 **0.025 GARLIC SHIVES 40**  1 **0.025 CHERVIL 230**  2 0.200 EGGS 120  3 0.015 DRAGON 230  4 0.015 BUTTER 6  total protein value of recipe: 34.290000000000006 |
| FACTOR INGREDIENT PROTEINVALUE  0 **0.025 GARLIC SHIVES 40**  1 0.025 PARSLEY 30  2 0.200 EGGS 120  3 0.015 DRAGON 230  4 0.015 BUTTER 6  total protein value of recipe: 29.29 |