|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| NOME | KCAL | P | C | G/Gsaturi |
| Albume uovo[250] | 110 | 25 | 1 | 0 |
| Mozzarella[125] | 200 | 23 | 2 | 9/6.3 |
| Burro Arachidi[33] | 200 | 10 | 4 | 15/2.7 |
| Yogurt greco [170] | 90 | 17 | 5 | 0 |
| Olio oliva[25] | 200 | 0 | 0 | 22/3.5 |
| Salmone[100sgocc] | 220 | 23 | 0 | 14/3 |
| Sgombro[125sgocc] | 150 | 27 | 0 | 5/1.5 |
| Whey[30] | 110 | 28 | 0 | 0 |
| Mais[140] | 110 | 0 | 15 | 2 |
| Noci[20] | 130 | 3 | 3 | 13 |
| Grana[25] | 100 | 8 | 0 | 7/4.5 |
| Cracker | 130 | 0 | 20 | 0 |
|  |  |  |  |  |
| TOTALE | 1750 | 140 | 50 | 90 |

Colazione

Pranzo

Merenda

Cena

Pre-nanna