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Seack Shake proteic din zer (pour Wher Foulta 10(2" page 200m) Lipide 20 (pour lab 176	08:00	Mic deiun	2 qua fierte + rosii cherry 300g + 1 felie de paine integrala (25g)		ı
13.30 Pranz Partie Integrale 150g cullegrom (2005 e main de manne 10 roll				Proteine	71
16:30 Smark 1 barnes mics 100g Mart					
Salata din natal filer 200g + routi 200g + roution 50g Marti Mic dejain Fulgi de ovaz 50g + lapte 3,5% 200g + 1 lingunta casao Sanack Laurt 3,5% 150g Cranz Cupperd cote cuspona- 600g Sanack Shake proteid din zer (pudra Whey sloids 40g + app 700m) Cina Cottage cheesa 200g = routi cherry 350g e babry sparks + 1 falia ga prins integrala (25g) Mic dejain Omista din dous ous = routi cherry 350g e babry sparks + 1 falia ga prins integrala (25g) Mic dejain Omista din dous ous = routi cherry 250g e babry sparks + 1 falia ga prins integrala (25g) Mic dejain Omista din dous ous = routi cherry 250g e babry sparks + 1 falia ga prins integrala (25g) Mic dejain Omista din dous ous = routi cherry 250g e babry sparks + 1 falia ga prins integrala (25g) Prazz Vinete umplate (100g) umplute cu mozzarda (100g) Sanack 1 barrans mare 150g Gina Supa crema de linte 400g + crutoane 25g Jai Mic dejain Fulgi de ovaz 60g + laurt precess 3.5% 175g + graneur 35g (congelata sa prosapata) Jai					
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Mic dejun Humus 125g + paine integrala prajita 50g + rosii cherry 250g Proteine 89 Upide 55 Snack 1 banana mare 150g Pranz Branza halloumi 150g + legume la grill 250g Snack Shake proteic din zer (pudra Whey Isolate 40g + apa 200ml) Cina laurt grecesc 3.5% 150g + fructe de padure 50g Sambata Mic dejun Avocado 125g + rosii cherry 250g + 2 felii de paine integrala (40g total) Proteine 67 Upide 25 Snack 1 banana mica 120g Pranz Salata de cartofi dulci 150g cu quinoa 150g Snack Shake proteic din zer (pudra Whey Isolate 40g + apa 200ml)		Cina	Supa crema de ciuperci 300g + crutoane 25g		
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Snack 1 banana mica 120g Pranz Salata de cartofi dulci 150g cu quinoa 150g Snack Shake proteic din zer (pudra Whey Isolate 40g + apa 200ml)			Avocado 125g + rosii cherry 250g + 2 felii de paine integrala (40g total)		
Pranz Salata de cartofi dulci 150g cu quinoa 150g Snack Shake proteïe din zer (pudra Whey Isolate 40g + apa 200ml)		Snack		Lipide	25
Snack Shake proteic din zer (pudra Whey Isolate 40g + apa 200ml)		Pranz	Salata de cartofi dulci 150g cu quinoa 150g		
Cina Supa crema de broccoli 300g + crutoane 20g		Snack	Shake proteic din zer (pudra Whey Isolate 40g + apa 200ml)		
		Cina	Supa crema de broccoli 300g + crutoane 20g		
Duminica 1280 Kcal		Duminica		1280 Kca	
Mic dejun Humus 125g + paine integrala prajita 50g + rosii cherry 250g Proteine 81 Lipide 47		Mic dejun	Humus 125g + paine integrala prajita 50g + rosii cherry 250g		
Snack Cirese 150g		Snack	Cirese 150g		135
Pranz Lasagna cu ciuperciisi spanac 250g (total)		Pranz	Lasagna cu diuperci el spanac 250g (total)		
			St. 1		
Snack Shake proteic din zer (pudra Whey Isolate 40g + apa 200ml)		Snack	Shake proteic din zer (pudra Wney Isolate 40g + apa 200ml)		