

Luni		
08:00	Mic dejun	2 oua fierte + rosii cherry 300g + 1 felie de paine integrala (25g)
11:00	Snack	Shake proteic din zer (pudra Whey Isolate 30g + apa 200ml)
13:30	Pranz	Paste integrale 150g cu legume 200g + ulei de masline 10 ml
16:30	Snack	1 banana mica 100g
21:30	Cina	Salata din naut fiert 200g + rosii 200g + rucola 50g

Luni		
1254	Kcal	
Proteine		71
Lipide		30
Glucide		176

Marti		
Mic dejun		Fulgi de ovaz 90g + lapte 3,5% 200ml + 1 lingurita cacao
Snack		iaurt 3,5% 150g
Pranz		Cluperci sote cu spanac 400g
Snack		Shake proteic din zer (pudra Whey Isolate 40g + apa 200ml)
Cina		Cottage cheese 200g + rosii cherry 300g

Marti		
1215	Kcal	
Proteine		106
Lipide		43
Glucide		120

Miercuri		
Mic dejun		Omleta din doua oua + rosii cherry 250g + baby spanac + 1 felie de paine integrala (25g)
Snack		Shake proteic din zer (pudra Whey Isolate 30g + apa 200ml)
Pranz		Vinete umplute (300g) umplute cu mozzarella (100g)
Snack		1 banana mare 150g
Cina		Supa crema de linte 400g + crutoane 25g

Miercuri		
1217	Kcal	
Proteine		84
Lipide		43
Glucide		131

Joi		
Mic dejun		Fulgi de ovaz 60g + iaurt grecesc 3.5% 175g + zmeura 50g (congelata sa proaspata)
Snack		Shake proteic din zer (pudra Whey Isolate 40g + apa 200ml)
Pranz		Cartofi copti 250g + 4 sortimente de branza (la alegere) 125g total
Snack		1 banana 100g
Cina		Supa crema de ciuperci 300g + crutoane 25g

Joi		
1262	Kcal	
Proteine		86
Lipide		43
Glucide		137

Vineri		
Mic dejun		Humus 125g + paine integrala prajita 50g + rosii cherry 250g
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		iaurt grecesc 3.5% 150g + fructe de padure 50g

Vineri		
1268	Kcal	
Proteine		89
Lipide		55
Glucide		105

Sambata		
Mic dejun		Avocado 125g + rosii cherry 250g + 2 felii de paine integrala (40g total)
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 broccoli 300g + crutoane 20g

Sambata		
1208	Kcal	
Proteine		67
Lipide		25
Glucide		179

Duminica		
Mic dejun		Humus 125g + paine integrala prajita 50g + rosii cherry 250g
Snack		Cirese 150g
Pranz		Lasagna cu ciuperci si spanac 250g (total)
Snack		Shake proteic din zer (pudra Whey Isolate 40g + apa 200ml)
Cina		Salata : naut 100g, spanac 100g, rosii cherry 150g, parmezan 30g

Duminica		
1280	Kcal	
Proteine		81
Lipide		47
Glucide		135