

10-kunlik taomnoma

Taom vaqti	Taom nomi	Taom vazni
1. ERTALABKI NONUSHTA	Manniy bo'tqasi	0.51
	3-4	0.15
	4-7	0.18
	Qisqa muddatli	0.18
	Murabboli choy	0.43
	3-4	0.13
	4-7	0.15
	Qisqa muddatli	0.15
	Pishloq va saryog'li buterbrod (30-10-10)	0.05
	3-4	0.05
	4-7	0
	Qisqa muddatli	0
	Pishloq va saryog'li buterbrod (40-5-15)	0.12
	3-4	0
	4-7	0.06
	Qisqa muddatli	0.06
2. IKKINCHI NONUSHTA	Olma	0.28
	3-4	0.13
	4-7	0.15
3. TUSHLIK	Karam va lavlagili salat	0.085
	3-4	0.04
	4-7	0.045
	Mol go'shtidan qiyma kabob	0.1
	3-4	0.05

Taom vaqti	Taom nomi	Taom vazni
	4-7	0.05
	Moshxo'rda	0.27
	3-4	0.12
	4-7	0.15
	Na'matak (shipovnik) damlamasi	0.26
	3-4	0.13
	4-7	0.13
	Non	0.1
	3-4	0.05
	4-7	0.05
	Qaynatilgan kartoshka	0.23
	3-4	0.1
	4-7	0.13
	Tomatli sardak (sous)	0.035
	3-4	0.015
	4-7	0.02
4. IKKINCHI TUSHLIK	Kefir	0.26
	3-4	0.13
	4-7	0.13
	Pishloqli rogalik	0.12
	3-4	0.06
	4-7	0.06