

Diet Plan for Lunedì - REST

Meal: Colazione

Ingredient	Quantity (g)	Proteins (g)	Fat (g)	Carbohydrates (g)	Water Quantity (ml)
Latte di Mucca Scremato	300	9.9	0.3	14.7	270.0

Meal: Pranzo

Ingredient	Quantity (g)	Proteins (g)	Fat (g)	Carbohydrates (g)	Water Quantity (ml)
Olio EVO	18	0.0	16.56	0.0	0
Pasta	145	20.3	1.45	101.5	101.5
Cannellini Secchi	90	20.7	1.44	41.4	173.25
Tonno in Scatola al Naturale	104	24.96	0.52	0.0	0

Meal: Spuntino 2

Ingredient	Quantity (g)	Proteins (g)	Fat (g)	Carbohydrates (g)	Water Quantity (ml)
Yogurt Greco Selex	32	2.88	0.0	1.6	0
Crackers Integrali	50	7.0	4.0	30.25	0

Meal: Cena

Ingredient	Quantity (g)	Proteins (g)	Fat (g)	Carbohydrates (g)	Water Quantity (ml)
Petto di Pollo	200	46.6	1.6	0.0	0
Insalata Iceberg	100	0.9	0.5	3.0	0
Olio EVO	17	0.0	15.64	0.0	0
Aceto di Vino Bianco	0	0.0	0.0	0.0	0
Pane Integrale	130	9.75	1.69	62.4	0

Total Water to Drink: 1.46 L

Diet Plan for Martedì - REST

Meal: Colazione

Ingredient	Quantity (g)	Proteins (g)	Fat (g)	Carbohydrates (g)	Water Quantity (ml)
Latte di Mucca Scremato	300	9.9	0.3	14.7	270.0

Meal: Pranzo

Ingredient	Quantity (g)	Proteins (g)	Fat (g)	Carbohydrates (g)	Water Quantity (ml)
Petto di Pollo	175	40.77	1.4	0.0	0
Olio EVO	17	0.0	15.64	0.0	0
Lenticchie	65	18.2	0.52	29.25	110.5
Pasta Integrale	138	20.7	2.76	89.7	96.6

Meal: Spuntino 2

Ingredient	Quantity (g)	Proteins (g)	Fat (g)	Carbohydrates (g)	Water Quantity (ml)
Yogurt Greco Selex	33	2.97	0.0	1.65	0
Crackers Integrali	50	7.0	4.0	30.25	0

Meal: Cena

Ingredient	Quantity (g)	Proteins (g)	Fat (g)	Carbohydrates (g)	Water Quantity (ml)
Insalata Iceberg	100	0.9	0.5	3.0	0
Merluzzo	163	29.03	1.09	0.0	0
Olio EVO	17	0.0	15.64	0.0	0
Aceto di Vino Bianco	0	0.0	0.0	0.0	0
Pane Integrale	180	13.5	2.34	86.4	0

Total Water to Drink: 1.52 L

Diet Plan for Mercoledì - REST

Meal: Colazione

Ingredient	Quantity (g)	Proteins (g)	Fat (g)	Carbohydrates (g)	Water Quantity (ml)
Latte di Mucca Scremato	300	9.9	0.3	14.7	270.0

Meal: Pranzo

Ingredient	Quantity (g)	Proteins (g)	Fat (g)	Carbohydrates (g)	Water Quantity (ml)
Olio EVO	5	0.0	4.6	0.0	0
Pasta	125	17.5	1.25	87.5	87.5
Carne di Vitello	180	34.83	12.19	0.0	0
Cannellini Secchi	90	20.7	1.44	41.4	173.25

Meal: Spuntino 2

Ingredient	Quantity (g)	Proteins (g)	Fat (g)	Carbohydrates (g)	Water Quantity (ml)
Yogurt Greco Selex	40	3.6	0.0	2.0	0
Crackers Integrali	50	7.0	4.0	30.25	0

Meal: Cena

Ingredient	Quantity (g)	Proteins (g)	Fat (g)	Carbohydrates (g)	Water Quantity (ml)
Tonno Fresco	170	36.55	13.77	0.0	0
Insalata Iceberg	100	0.9	0.5	3.0	0
Olio EVO	4	0.0	3.68	0.0	0
Aceto di Vino Bianco	0	0.0	0.0	0.0	0
Pane Integrale	160	12.0	2.08	76.8	0

Total Water to Drink: 1.47 L

Diet Plan for Giovedì - REST

Meal: Colazione

Ingredient	Quantity (g)	Proteins (g)	Fat (g)	Carbohydrates (g)	Water Quantity (ml)
Latte di Mucca Scremato	300	9.9	0.3	14.7	270.0

Meal: Pranzo

Ingredient	Quantity (g)	Proteins (g)	Fat (g)	Carbohydrates (g)	Water Quantity (ml)
Olio EVO	7	0.0	6.44	0.0	0
Lenticchie	80	22.4	0.64	36.0	136.0
Salmone	110	20.24	13.2	1.1	0
Pasta Integrale	133	19.95	2.66	86.45	93.1

Meal: Spuntino 2

Ingredient	Quantity (g)	Proteins (g)	Fat (g)	Carbohydrates (g)	Water Quantity (ml)
Yogurt Greco Selex	36	3.24	0.0	1.8	0
Crackers Integrali	50	7.0	4.0	30.25	0

Meal: Cena

Ingredient	Quantity (g)	Proteins (g)	Fat (g)	Carbohydrates (g)	Water Quantity (ml)
Petto di Pollo	200	46.6	1.6	0.0	0
Insalata Iceberg	100	0.9	0.5	3.0	0
Olio EVO	8	0.0	7.36	0.0	0
Aceto di Vino Bianco	0	0.0	0.0	0.0	0
Pane Integrale	170	12.75	2.21	81.6	0

Total Water to Drink: 1.5 L

Diet Plan for Venerdì - REST

Meal: Colazione

Ingredient	Quantity (g)	Proteins (g)	Fat (g)	Carbohydrates (g)	Water Quantity (ml)
Latte di Mucca Scremato	300	9.9	0.3	14.7	270.0

Meal: Pranzo

Ingredient	Quantity (g)	Proteins (g)	Fat (g)	Carbohydrates (g)	Water Quantity (ml)
Olio EVO	18	0.0	16.56	0.0	0
Pasta	153	21.42	1.53	107.1	107.1
Cannellini Secchi	110	25.3	1.76	50.6	211.75
Tonno in Scatola al Naturale	104	24.96	0.52	0.0	0

Meal: Spuntino 2

Ingredient	Quantity (g)	Proteins (g)	Fat (g)	Carbohydrates (g)	Water Quantity (ml)
Yogurt Greco Selex	120	10.8	0.0	6.0	0
Crackers Integrali	50	7.0	4.0	30.25	0

Meal: Cena

Ingredient	Quantity (g)	Proteins (g)	Fat (g)	Carbohydrates (g)	Water Quantity (ml)
Insalata Iceberg	100	0.9	0.5	3.0	0
Merluzzo	200	35.62	1.34	0.0	0
Olio EVO	17	0.0	15.64	0.0	0
Aceto di Vino Bianco	0	0.0	0.0	0.0	0
Pane Integrale	90	6.75	1.17	43.2	0

Total Water to Drink: 1.41 L

Diet Plan for Sabato - REST

Meal: Colazione

Ingredient	Quantity (g)	Proteins (g)	Fat (g)	Carbohydrates (g)	Water Quantity (ml)
Latte di Mucca Scremato	300	9.9	0.3	14.7	270.0

Meal: Pranzo

Ingredient	Quantity (g)	Proteins (g)	Fat (g)	Carbohydrates (g)	Water Quantity (ml)
Petto di Pollo	164	38.21	1.31	0.0	0
Olio EVO	7	0.0	6.44	0.0	0
Lenticchie	85	23.8	0.68	38.25	144.5
Pasta Integrale	141	21.15	2.82	91.65	98.7

Meal: Spuntino 2

Ingredient	Quantity (g)	Proteins (g)	Fat (g)	Carbohydrates (g)	Water Quantity (ml)
Yogurt Greco Selex	31	2.79	0.0	1.55	0
Crackers Integrali	50	7.0	4.0	30.25	0

Meal: Cena

Ingredient	Quantity (g)	Proteins (g)	Fat (g)	Carbohydrates (g)	Water Quantity (ml)
Insalata Iceberg	100	0.9	0.5	3.0	0
Salmone	150	27.6	18.0	1.5	0
Olio EVO	8	0.0	7.36	0.0	0
Aceto di Vino Bianco	0	0.0	0.0	0.0	0
Pane Integrale	155	11.62	2.02	74.4	0

Total Water to Drink: 1.49 L

Diet Plan for Domenica - REST

Meal: Colazione

Ingredient	Quantity (g)	Proteins (g)	Fat (g)	Carbohydrates (g)	Water Quantity (ml)
Latte di Mucca Scremato	300	9.9	0.3	14.7	270.0

Meal: Pranzo

Ingredient	Quantity (g)	Proteins (g)	Fat (g)	Carbohydrates (g)	Water Quantity (ml)
Olio EVO	5	0.0	4.6	0.0	0
Pasta	133	18.62	1.33	93.1	93.1
Carne di Vitello	170	32.9	11.51	0.0	0
Lenticchie	90	25.2	0.72	40.5	153.0

Meal: Spuntino 2

Ingredient	Quantity (g)	Proteins (g)	Fat (g)	Carbohydrates (g)	Water Quantity (ml)
Yogurt Greco Selex	31	2.79	0.0	1.55	0
Crackers Integrali	50	7.0	4.0	30.25	0

Meal: Cena

Ingredient	Quantity (g)	Proteins (g)	Fat (g)	Carbohydrates (g)	Water Quantity (ml)
Tonno Fresco	160	34.4	12.96	0.0	0
Insalata Iceberg	100	0.9	0.5	3.0	0
Olio EVO	6	0.0	5.52	0.0	0
Aceto di Vino Bianco	0	0.0	0.0	0.0	0
Pane Integrale	150	11.25	1.95	72.0	0

Total Water to Drink: 1.48 L