

## Diet Plan for Lunedì - WORKOUT

### 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)
Pasta	200	28.0	2.0	140.0	140.0
Olio EVO	22	0.0	20.24	0.0	0
Tonno in Scatola al Naturale	52	12.48	0.26	0.0	0
Cannellini Secchi	73	16.79	1.17	33.58	140.52

### Meal: Spuntino 2

Ingredient	Quantity (g)	Proteins (g)	Fat (g)	Carbohydrates (g)	Water Quantity (ml)
Crackers Integrali	75	10.5	6.0	45.38	0
Yogurt Greco Selex	54	4.86	0.0	2.7	0

### Meal: Cena

Ingredient	Quantity (g)	Proteins (g)	Fat (g)	Carbohydrates (g)	Water Quantity (ml)
Petto di Pollo	190	44.27	1.52	0.0	0
Insalata Iceberg	100	0.9	0.5	3.0	0
Olio EVO	20	0.0	18.4	0.0	0
Aceto di Vino Bianco	0	0.0	0.0	0.0	0
Pane Integrale	200	15.0	2.6	96.0	0

**Total Water to Drink: 1.45 L**

## Diet Plan for Martedì - WORKOUT

### 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)
Pasta Integrale	198	29.7	3.96	128.7	138.6
Petto di Pollo	120	27.96	0.96	0.0	0
Olio EVO	20	0.0	18.4	0.0	0
Lenticchie	100	28.0	0.8	45.0	170.0

### Meal: Spuntino 2

Ingredient	Quantity (g)	Proteins (g)	Fat (g)	Carbohydrates (g)	Water Quantity (ml)
Crackers Integrali	75	10.5	6.0	45.38	0
Yogurt Greco Selex	50	4.5	0.0	2.5	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	92	16.39	0.62	0.0	0
Olio EVO	20	0.0	18.4	0.0	0
Aceto di Vino Bianco	0	0.0	0.0	0.0	0
Pane Integrale	200	15.0	2.6	96.0	0

**Total Water to Drink: 1.42 L**

## Diet Plan for Mercoledì - WORKOUT

### 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)
Pasta	174	24.36	1.74	121.8	121.8
Olio EVO	15	0.0	13.8	0.0	0
Carne di Vitello	144	27.86	9.75	0.0	0
Cannellini Secchi	109	25.07	1.74	50.14	209.82

### Meal: Spuntino 2

Ingredient	Quantity (g)	Proteins (g)	Fat (g)	Carbohydrates (g)	Water Quantity (ml)
Crackers Integrali	75	10.5	6.0	45.38	0
Yogurt Greco Selex	50	4.5	0.0	2.5	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
Platessa	154	24.64	2.62	1.23	0
Olio EVO	15	0.0	13.8	0.0	0
Aceto di Vino Bianco	0	0.0	0.0	0.0	0
Pane Integrale	200	15.0	2.6	96.0	0

**Total Water to Drink: 1.4 L**

## Diet Plan for Giovedì - WORKOUT

### 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)
Pasta Integrale	200	30.0	4.0	130.0	140.0
Olio EVO	14	0.0	12.88	0.0	0
Lenticchie	95	26.6	0.76	42.75	161.5
Salmone	110	20.24	13.2	1.1	0

### Meal: Spuntino 2

Ingredient	Quantity (g)	Proteins (g)	Fat (g)	Carbohydrates (g)	Water Quantity (ml)
Crackers Integrali	75	10.5	6.0	45.38	0
Yogurt Greco Selex	50	4.5	0.0	2.5	0

### Meal: Cena

Ingredient	Quantity (g)	Proteins (g)	Fat (g)	Carbohydrates (g)	Water Quantity (ml)
Petto di Pollo	108	25.16	0.86	0.0	0
Insalata Iceberg	100	0.9	0.5	3.0	0
Olio EVO	13	0.0	11.96	0.0	0
Aceto di Vino Bianco	0	0.0	0.0	0.0	0
Pane Integrale	199	14.93	2.59	95.52	0

**Total Water to Drink: 1.43 L**

## Diet Plan for Venerdì - WORKOUT

### 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)
Pasta	181	25.34	1.81	126.7	126.7
Olio EVO	22	0.0	20.24	0.0	0
Tonno in Scatola al Naturale	52	12.48	0.26	0.0	0
Cannellini Secchi	98	22.54	1.57	45.08	188.65

### Meal: Spuntino 2

Ingredient	Quantity (g)	Proteins (g)	Fat (g)	Carbohydrates (g)	Water Quantity (ml)
Crackers Integrali	75	10.5	6.0	45.38	0
Yogurt Greco Selex	79	7.11	0.0	3.95	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	220	39.18	1.47	0.0	0
Olio EVO	20	0.0	18.4	0.0	0
Aceto di Vino Bianco	0	0.0	0.0	0.0	0
Pane Integrale	200	15.0	2.6	96.0	0

**Total Water to Drink: 1.42 L**

## Diet Plan for Sabato - WORKOUT

### 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)
Pasta Integrale	200	30.0	4.0	130.0	140.0
Petto di Pollo	100	23.3	0.8	0.0	0
Olio EVO	13	0.0	11.96	0.0	0
Lenticchie	92	25.76	0.74	41.4	156.4

### Meal: Spuntino 2

Ingredient	Quantity (g)	Proteins (g)	Fat (g)	Carbohydrates (g)	Water Quantity (ml)
Crackers Integrali	75	10.5	6.0	45.38	0
Yogurt Greco Selex	60	5.4	0.0	3.0	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	120	22.08	14.4	1.2	0
Olio EVO	12	0.0	11.04	0.0	0
Aceto di Vino Bianco	0	0.0	0.0	0.0	0
Pane Integrale	200	15.0	2.6	96.0	0

**Total Water to Drink: 1.43 L**

## Diet Plan for Domenica - WORKOUT

### 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)
Pasta	191	26.74	1.91	133.7	133.7
Olio EVO	12	0.0	11.04	0.0	0
Lenticchie	90	25.2	0.72	40.5	153.0
Carne di Vitello	150	29.03	10.15	0.0	0

### Meal: Spuntino 2

Ingredient	Quantity (g)	Proteins (g)	Fat (g)	Carbohydrates (g)	Water Quantity (ml)
Crackers Integrali	75	10.5	6.0	45.38	0
Yogurt Greco Selex	31	2.79	0.0	1.55	0

### Meal: Cena

Ingredient	Quantity (g)	Proteins (g)	Fat (g)	Carbohydrates (g)	Water Quantity (ml)
Tonno Fresco	106	22.79	8.59	0.0	0
Insalata Iceberg	100	0.9	0.5	3.0	0
Olio EVO	12	0.0	11.04	0.0	0
Aceto di Vino Bianco	0	0.0	0.0	0.0	0
Pane Integrale	200	15.0	2.6	96.0	0

**Total Water to Drink: 1.44 L**