

Plan de Repas Quotidien

Recommandations Nutritionnelles

Calories cibles: 4000 kcal/jour

Protéines: 142 g

Glucides: 450 g

Lipides: 111 g

Hydratation: 5.300000190734863 L

Calories estimées: 4000 kcal

Petit-déjeuner

- Scrambled eggs (2 whole eggs)
- Greek yogurt (150g)
- Oatmeal (80g dry)
- Whole grain toast (2 slices)
- Banana
- Almonds (20g)
- Electrolyte drink

Collation Matin

- Greek yogurt (100g)
- Banana
- Apple
- Oatmeal bar
- Almonds (15g)
- Water with electrolytes

Déjeuner

- Grilled chicken breast (150g)
- Brown rice (150g cooked)
- Sweet potato (200g)
- Steamed broccoli
- Mixed green salad
- Olive oil dressing (1 tbsp)
- Hydration supplement

Collation Après-midi

- Greek yogurt (100g)
- Banana
- Apple
- Oatmeal bar
- Almonds (15g)
- Electrolyte drink

Dîner

- Salmon fillet (150g)
- Whole wheat pasta (120g cooked)
- Roasted sweet potato (150g)
- Steamed vegetables (mixed)

- Green beans
- Avocado (half)
- Water with electrolytes

Généré le 06/01/2026 - PeakPlay2