

Plan de Repas Quotidien

Recommandations Nutritionnelles

Calories cibles: 2450 kcal/jour

Protéines: 108 g

Glucides: 276 g

Lipides: 68 g

Hydratation: 3.9000000953674316 L

Calories estimées: 2450 kcal

Petit-déjeuner

- Scrambled eggs (2 whole eggs)
- Greek yogurt (150g)
- Oatmeal (50g dry)
- Almonds (20g)
- Water

Collation Matin

- Greek yogurt (100g)
- Apple
- Almonds (15g)
- Low-fat cottage cheese
- Water

Déjeuner

- Grilled chicken breast (150g)
- Brown rice (100g cooked)
- Steamed broccoli
- Mixed green salad
- Olive oil dressing (1 tbsp)
- Water

Collation Après-midi

- Greek yogurt (100g)
- Apple
- Almonds (15g)
- Low-fat cottage cheese
- Water

Dîner

- Salmon fillet (150g)
- Quinoa (80g cooked)
- Steamed vegetables (mixed)
- Green beans
- Avocado (half)
- Light dressing
- Water