

# Plan de Repas Quotidien

## Recommandations Nutritionnelles

Calories cibles: 2366.3518 kcal/jour

Protéines: 134.2924 g

Glucides: 294.63614 g

Lipides: 73.645386 g

Hydratation: 3.3232062 L

Calories estimées: 2366.3518 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