

# MENIU SAPTAMANAL

nr: **RT-005** din data: **19.02.2014**

| Numele Prenumele: | Varsta: | Sexul: | Inaltime: | Greutate: | Total calorii: |
|-------------------|---------|--------|-----------|-----------|----------------|
|                   | 44 ani  |        | 0.00 m    | 0 kg      | 2913.62        |

## LUNI

| Ziua:                      | Masa:     | Alimente:                                                 | Cantitatea(g): | Calorii: |
|----------------------------|-----------|-----------------------------------------------------------|----------------|----------|
| Luni                       | Mic dejun | OU fiert                                                  | 140 g          | 229.60   |
|                            |           | Rosii                                                     | 160 g          | 32.00    |
|                            |           | Total calorii / masa - Mic dejun:                         |                | 261.6    |
| Luni                       | Gustare I | Piept de pui fara piele la gratar                         | 120 g          | 128.88   |
|                            |           | Salata mixta(diverse verdeturi, rosii, ardei, castraveti) | 250 g          | 66.25    |
|                            |           | Visine                                                    | 150 g          | 91.50    |
|                            |           | Total calorii / masa - Gustare I:                         |                | 286.63   |
| Luni                       | Pranz     | Iaurt(slab)                                               | 200 g          | 57.80    |
|                            |           | Omleta simpla                                             | 100 g          | 182.00   |
|                            |           | Branza telemea vaca                                       | 20 g           | 45.00    |
|                            |           | Total calorii / masa - Pranz:                             |                | 284.8    |
| Luni                       | Cina      | Pepene rosu                                               | 150 g          | 54.00    |
|                            |           | Total calorii / masa - Cina:                              |                | 54       |
| TOTAL CALORII / ZI - LUNI: |           |                                                           |                | 887.03   |

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## MARTI

| Ziua:                       | Masa:     | Alimente:                         | Cantitatea(g): | Calorii: |
|-----------------------------|-----------|-----------------------------------|----------------|----------|
| Marti                       | Mic dejun | Ou gaina                          | 20 g           | 32.80    |
|                             |           | Ulei de masline                   | 5 g            | 45.00    |
|                             |           | Carne slaba de vita               | 50 g           | 53.50    |
|                             |           | Ceapa                             | 20 g           | 8.72     |
|                             |           | Morcovi cruzi                     | 25 g           | 11.00    |
|                             |           | Pastarnac                         | 25 g           | 19.00    |
|                             |           | Mazare verde boabe                | 15 g           | 13.80    |
|                             |           | Rosii cherry                      | 100 g          | 21.20    |
|                             |           | Orez brun fiert                   | 10 g           | 10.24    |
|                             |           | Total calorii / masa - Mic dejun: |                |          |
| TOTAL CALORII / ZI - MARTI: |           |                                   | 215.26         |          |

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|-------------------|---------|--------|-----------|-----------|----------------|
|                   | 44 ani  |        | 0.00 m    | 0 kg      |                |

## MIERCURI

| Ziua:                          | Masa:     | Alimente:                         | Cantitatea(g): | Calorii: |
|--------------------------------|-----------|-----------------------------------|----------------|----------|
| Miercuri                       | Mic dejun | Nuci                              | 150 g          | 922.65   |
|                                |           | Smochine uscate                   | 75 g           | 162.75   |
|                                |           | Merisoare deshidratate            | 75 g           | 249.38   |
|                                |           | Seminte decorticate canepa        | 75 g           | 411.75   |
|                                |           | Cacao                             | 15 g           | 64.80    |
|                                |           | Total calorii / masa - Mic dejun: |                |          |
| TOTAL CALORII / ZI - MIERCURI: |           |                                   |                | 1811.33  |

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Total 2913.62 calorii.