

# MENIU SAPTAMANAL

nr: **RT-014** din data: **29.03.2014**

| Numele Prenumele: | Varsta: | Sexul: | Inaltime: | Greutate: | Total calorii: |
|-------------------|---------|--------|-----------|-----------|----------------|
| Boliac Desana     | 13 ani  | F      | 1.60 m    | 86.5 kg   | 12642.69       |

## LUNI

| Ziua:                      | Masa:      | Alimente:                          | Cantitatea(g): | Calorii: |
|----------------------------|------------|------------------------------------|----------------|----------|
| Luni                       | Mic dejun  | Iaurt                              | 250 g          | 115.00   |
|                            |            | Paine integrala                    | 60 g           | 145.80   |
|                            |            | Sunca presata de pui Sissi         | 90 g           | 81.00    |
|                            |            | Ardei Gras                         | 100 g          | 24.00    |
|                            |            | Total calorii / masa - Mic dejun:  |                | 365.8    |
| Luni                       | Gustare I  | Baton cereale Nestle               | 40 g           | 151.60   |
|                            |            | Portocale                          | 100 g          | 40.00    |
|                            |            | Total calorii / masa - Gustare I:  |                | 191.6    |
| Luni                       | Pranz      | Supa de legume(400 g)              | 100 g          | 180.20   |
|                            |            | Paste fainoase fierte              | 100 g          | 112.00   |
|                            |            | Ghiveci din legume(250 g)          | 100 g          | 101.80   |
|                            |            | Piept de pui                       | 100 g          | 116.40   |
|                            |            | Muraturi asortate                  | 100 g          | 20.00    |
|                            |            | Ulei de masline                    | 10 g           | 90.00    |
|                            |            | Paine integrala                    | 30 g           | 72.90    |
|                            |            | Total calorii / masa - Pranz:      |                | 693.3    |
| Luni                       | Gustare II | Nuci                               | 25 g           | 153.78   |
|                            |            | Portocale                          | 100 g          | 40.00    |
|                            |            | Total calorii / masa - Gustare II: |                | 193.78   |
| Luni                       | Cina       | Salata orientala(400 g)            | 100 g          | 358.00   |
|                            |            | Total calorii / masa - Cina:       |                | 358      |
| TOTAL CALORII / ZI - LUNI: |            |                                    |                | 1802.48  |

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|-------------------|---------|--------|-----------|-----------|----------------|
| Boliac Desana     | 13 ani  | F      | 1.60 m    | 86.5 kg   |                |

## MARTI

| Ziua:                       | Masa:      | Alimente:                                       | Cantitatea(g): | Calorii: |
|-----------------------------|------------|-------------------------------------------------|----------------|----------|
| Marti                       | Mic dejun  | Iaurt                                           | 250 g          | 115.00   |
|                             |            | Paine integrala                                 | 60 g           | 145.80   |
|                             |            | OU fiert                                        | 50 g           | 82.00    |
|                             |            | Rosii cherry                                    | 100 g          | 21.20    |
|                             |            | Total calorii / masa - Mic dejun:               |                | 364      |
| Marti                       | Gustare I  | Biscuiti cu multicareale Rostar                 | 36 g           | 148.99   |
|                             |            | Portocale                                       | 100 g          | 40.00    |
|                             |            | Total calorii / masa - Gustare I:               |                | 188.99   |
| Marti                       | Pranz      | Supa de mazare fara galuste(400 g)              | 100 g          | 281.00   |
|                             |            | Cartofi dulci                                   | 100 g          | 86.80    |
|                             |            | Morcovi fierti                                  | 200 g          | 74.00    |
|                             |            | Piept de curcan                                 | 100 g          | 96.08    |
|                             |            | Salata verde                                    | 100 g          | 16.00    |
|                             |            | Ulei de masline                                 | 10 g           | 90.00    |
|                             |            | Paine integrala                                 | 30 g           | 72.90    |
|                             |            | Total calorii / masa - Pranz:                   |                | 716.78   |
| Marti                       | Gustare II | Biscuiti cu multicareale Rostar                 | 36 g           | 148.99   |
|                             |            | Portocale                                       | 100 g          | 40.00    |
|                             |            | Total calorii / masa - Gustare II:              |                | 188.99   |
| Marti                       | Cina       | Salata de telina cu mar,nuca si stafide (200 g) | 100 g          | 309.80   |
|                             |            | Ulei de masline                                 | 5 g            | 45.00    |
|                             |            | Total calorii / masa - Cina:                    |                | 354.8    |
| TOTAL CALORII / ZI - MARTI: |            |                                                 |                | 1813.56  |

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|-------------------|---------|--------|-----------|-----------|----------------|
| Boliac Desana     | 13 ani  | F      | 1.60 m    | 86.5 kg   |                |

## MIERCURI

| Ziua:                          | Masa:      | Alimente:                                  | Cantitatea(g): | Calorii: |
|--------------------------------|------------|--------------------------------------------|----------------|----------|
| Miercuri                       | Mic dejun  | Iaurt                                      | 250 g          | 115.00   |
|                                |            | Paine integrala                            | 60 g           | 145.80   |
|                                |            | Salata vinete cu ceapa                     | 100 g          | 72.52    |
|                                |            | Rosii                                      | 150 g          | 30.00    |
|                                |            | Total calorii / masa - Mic dejun:          |                | 363.32   |
| Miercuri                       | Gustare I  | Baton cereale Nestle                       | 40 g           | 151.60   |
|                                |            | Portocale                                  | 100 g          | 40.00    |
|                                |            | Total calorii / masa - Gustare I:          |                | 191.6    |
| Miercuri                       | Pranz      | Supa crema morcovi(350 g)                  | 100 g          | 188.08   |
|                                |            | Mamaliga                                   | 200 g          | 136.00   |
|                                |            | Pulpa de pui la gratar                     | 100 g          | 135.00   |
|                                |            | Sfecla in otet                             | 150 g          | 48.00    |
|                                |            | Paine integrala                            | 30 g           | 72.90    |
|                                |            | Ulei de masline                            | 10 g           | 90.00    |
|                                |            | Total calorii / masa - Pranz:              |                | 669.98   |
| Miercuri                       | Gustare II | Nuci                                       | 30 g           | 184.53   |
|                                |            | Total calorii / masa - Gustare II:         |                | 184.53   |
| Miercuri                       | Cina       | Salata cruditati(350 g)                    | 100 g          | 84.00    |
|                                |            | Ton conserva suc propriu Rio Mare          | 50 g           | 54.50    |
|                                |            | Porumb crud fiert                          | 150 g          | 138.00   |
|                                |            | Urda                                       | 50 g           | 64.00    |
|                                |            | Seminte(in,susan,dovleac,floarea soarelui) | 10 g           | 54.60    |
|                                |            | Total calorii / masa - Cina:               |                | 395.1    |
| TOTAL CALORII / ZI - MIERCURI: |            |                                            |                | 1804.53  |

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| Numele Prenumele: | Varsta: | Sexul: | Inaltime: | Greutate: | Total calorii: |
|-------------------|---------|--------|-----------|-----------|----------------|
| Boliac Desana     | 13 ani  | F      | 1.60 m    | 86.5 kg   |                |

## JOI

| Ziua:                     | Masa:      | Alimente:                                          | Cantitatea(g): | Calorii: |
|---------------------------|------------|----------------------------------------------------|----------------|----------|
| Joi                       | Mic dejun  | Iaurt                                              | 250 g          | 115.00   |
|                           |            | Urda                                               | 50 g           | 64.00    |
|                           |            | Paine integrala                                    | 60 g           | 145.80   |
|                           |            | Ardei Gras                                         | 100 g          | 24.00    |
|                           |            | Rosii                                              | 100 g          | 20.00    |
|                           |            | Total calorii / masa - Mic dejun:                  |                | 368.8    |
| Joi                       | Gustare I  | Baton cereale Nestle                               | 40 g           | 151.60   |
|                           |            | Portocale                                          | 100 g          | 40.00    |
|                           |            | Total calorii / masa - Gustare I:                  |                | 191.6    |
| Joi                       | Pranz      | Supa de rosii cu oua zdrente si morcov ras(400 g)  | 100 g          | 247.50   |
|                           |            | Paste fainoase fierte                              | 100 g          | 112.00   |
|                           |            | Sos de ciuperci                                    | 200 g          | 188.24   |
|                           |            | Paine integrala                                    | 30 g           | 72.90    |
|                           |            | Muraturi asortate                                  | 200 g          | 40.00    |
|                           |            | Ulei de masline                                    | 10 g           | 90.00    |
|                           |            | Total calorii / masa - Pranz:                      |                | 750.64   |
| Joi                       | Gustare II | Biscuiti cu multicereale Rostar                    | 36 g           | 148.99   |
|                           |            | Portocale                                          | 100 g          | 40.00    |
|                           |            | Total calorii / masa - Gustare II:                 |                | 188.99   |
| Joi                       | Cina       | Piept de pui                                       | 100 g          | 116.40   |
|                           |            | Vinete umplute cu legume(300 g-jumatate de vinata) | 100 g          | 136.52   |
|                           |            | Ulei de masline                                    | 5 g            | 45.00    |
|                           |            | Total calorii / masa - Cina:                       |                | 297.92   |
| TOTAL CALORII / ZI - JOI: |            |                                                    |                | 1797.95  |

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|-------------------|---------|--------|-----------|-----------|----------------|
| Boliac Desana     | 13 ani  | F      | 1.60 m    | 86.5 kg   |                |

## VINERI

| Ziua:                        | Masa:      | Alimente:                                    | Cantitatea(g): | Calorii: |
|------------------------------|------------|----------------------------------------------|----------------|----------|
| Vineri                       | Mic dejun  | Iaurt                                        | 250 g          | 115.00   |
|                              |            | Ton conserva suc propriu Rio Mare            | 50 g           | 54.50    |
|                              |            | Paine integrala                              | 60 g           | 145.80   |
|                              |            | Rosii cherry                                 | 100 g          | 21.20    |
|                              |            | Ardei Gras                                   | 100 g          | 24.00    |
|                              |            | Total calorii / masa - Mic dejun:            |                | 360.5    |
| Vineri                       | Gustare I  | Biscuiti cu multicareale Rostar              | 36 g           | 148.99   |
|                              |            | Portocale                                    | 100 g          | 40.00    |
|                              |            | Total calorii / masa - Gustare I:            |                | 188.99   |
| Vineri                       | Pranz      | Supa de legume(400 g)                        | 100 g          | 180.20   |
|                              |            | Cartofi dulci                                | 100 g          | 86.80    |
|                              |            | Mazare verde boabe                           | 100 g          | 92.00    |
|                              |            | Piept de pui                                 | 100 g          | 116.40   |
|                              |            | Salata cruditati(350 g)                      | 100 g          | 84.00    |
|                              |            | Paine integrala                              | 30 g           | 72.90    |
|                              |            | Ulei de masline                              | 10 g           | 90.00    |
|                              |            | Total calorii / masa - Pranz:                |                | 722.3    |
| Vineri                       | Gustare II | Nuci                                         | 30 g           | 184.53   |
|                              |            | Total calorii / masa - Gustare II:           |                | 184.53   |
| Vineri                       | Cina       | Gulie umpluta cu legume(300 g-1 gulie medie) | 200 g          | 277.84   |
|                              |            | Salata cruditati(350 g)                      | 100 g          | 84.00    |
|                              |            | Total calorii / masa - Cina:                 |                | 361.84   |
| TOTAL CALORII / ZI - VINERI: |            |                                              |                | 1818.16  |

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|-------------------|---------|--------|-----------|-----------|----------------|
| Boliac Desana     | 13 ani  | F      | 1.60 m    | 86.5 kg   |                |

## SAMBATA

| Ziua:                         | Masa:      | Alimente:                          | Cantitatea(g): | Calorii: |
|-------------------------------|------------|------------------------------------|----------------|----------|
| Sambata                       | Mic dejun  | Iaurt                              | 250 g          | 115.00   |
|                               |            | Fulgi de porumb                    | 30 g           | 116.70   |
|                               |            | Bruschete paine integrala          | 30 g           | 72.90    |
|                               |            | Rosii                              | 50 g           | 10.00    |
|                               |            | Ulei de masline                    | 5 g            | 45.00    |
|                               |            | Total calorii / masa - Mic dejun:  |                | 359.6    |
| Sambata                       | Gustare I  | Biscuiti cu multicareale Rostar    | 36 g           | 148.99   |
|                               |            | Portocale                          | 100 g          | 40.00    |
|                               |            | Total calorii / masa - Gustare I:  |                | 188.99   |
| Sambata                       | Pranz      | Ciorba de pui(350 g)               | 100 g          | 185.00   |
|                               |            | Paste fainoase fierte              | 150 g          | 168.00   |
|                               |            | Sos pesto de spanac                | 250 g          | 225.75   |
|                               |            | Paine integrala                    | 30 g           | 72.90    |
|                               |            | Parmezan                           | 20 g           | 77.67    |
|                               |            | Total calorii / masa - Pranz:      |                | 729.32   |
| Sambata                       | Gustare II | Biscuiti cu multicareale Rostar    | 36 g           | 148.99   |
|                               |            | Portocale                          | 100 g          | 40.00    |
|                               |            | Total calorii / masa - Gustare II: |                | 188.99   |
| Sambata                       | Cina       | Pulpa de curcan                    | 100 g          | 133.50   |
|                               |            | Ghiveci din legume(250 g)          | 100 g          | 101.80   |
|                               |            | Rosii cherry                       | 250 g          | 53.00    |
|                               |            | Ulei de masline                    | 5 g            | 45.00    |
|                               |            | Total calorii / masa - Cina:       |                | 333.3    |
| TOTAL CALORII / ZI - SAMBATA: |            |                                    |                | 1800.2   |

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|-------------------|---------|--------|-----------|-----------|----------------|
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## DUMINICA

| Ziua:                          | Masa:      | Alimente:                                 | Cantitatea(g): | Calorii: |
|--------------------------------|------------|-------------------------------------------|----------------|----------|
| Duminica                       | Mic dejun  | Iaurt                                     | 250 g          | 115.00   |
|                                |            | Guacamole                                 | 100 g          | 86.44    |
|                                |            | Paine integrala                           | 60 g           | 145.80   |
|                                |            | Total calorii / masa - Mic dejun:         |                | 347.24   |
| Duminica                       | Gustare I  | Baton cereale Nestle                      | 40 g           | 151.60   |
|                                |            | Portocale                                 | 100 g          | 40.00    |
|                                |            | Total calorii / masa - Gustare I:         |                | 191.6    |
| Duminica                       | Pranz      | Supa crema ciuperci(350 g)                | 100 g          | 164.12   |
|                                |            | Pulpa de pui la gratar                    | 150 g          | 202.50   |
|                                |            | Morcovi fierti                            | 300 g          | 111.00   |
|                                |            | Salata cruditati(350 g)                   | 100 g          | 84.00    |
|                                |            | Paine integrala                           | 30 g           | 72.90    |
|                                |            | Ulei de masline                           | 10 g           | 90.00    |
|                                |            | Total calorii / masa - Pranz:             |                | 724.52   |
| Duminica                       | Gustare II | Baton cereale Nestle                      | 40 g           | 151.60   |
|                                |            | Portocale                                 | 100 g          | 40.00    |
|                                |            | Total calorii / masa - Gustare II:        |                | 191.6    |
| Duminica                       | Cina       | Salata bulgareasca(450 g)cu sunca, ou,cas | 100 g          | 298.60   |
|                                |            | Suc de rosii                              | 250 g          | 52.25    |
|                                |            | Total calorii / masa - Cina:              |                | 350.85   |
| TOTAL CALORII / ZI - DUMINICA: |            |                                           |                | 1805.81  |

MENIU SAPTAMANAL  
Total 12642.69 calorii.