

Warning: strtotime(): It is not safe to rely on the system's timezone settings. You are *required* to use the date.timezone setting or the date_default_timezone_set() function. In case you used any of those methods and you are still getting this warning, you most likely misspelled the timezone identifier. We selected 'Europe/Berlin' for 'CEST/2.0/DST' instead in /var/www/vhosts/vps378611.ovh.net/nutritionist-arad.ro/db/modules/mod_detalii_reteta__preview.php on line 250 Warning: date(): It is not safe to rely on the system's timezone settings. You are *required* to use the date.timezone setting or the date_default_timezone_set() function. In case you used any of those methods and you are still getting this warning, you most likely misspelled the timezone identifier. We selected 'Europe/Berlin' for 'CEST/2.0/DST' instead in /var/www/vhosts/vps378611.ovh.net/nutritionist-arad.ro/db/modules/mod_detalii_reteta__preview.php on line 250

MENIU SAPTAMANAL nr: RT-183 din data: 04.03.2017				
Numele Prenumele:	Varsta:	Sexul:	Inaltime:	Greutate:
Porcescu Mihai	28 ani	F	1.76 m	90 kg

LUNI

Ziua:	Masa:	Alimente:	Cantitatea(g):	Echivalente:
Luni	Mic dejun	Lapte de vaca integral	250 g	
		Cereale musli cu fructe Sanovita	130 g	
Luni	Gustare I	Omleta simpla	100 g	
		Ardei Gras	100 g	
		Paine integrala	60 g	
		Lapte de vaca integral	250 g	
Luni	Pranz	Ciorba de legume(400 g)	100 g	
		Paine integrala	60 g	
		Orez brun fiert	250 g	
		Tocanita de pui cu legume	200 g	
		Muraturi asortate	250 g	
		Ulei de masline	15 g	
Luni	Gustare II	Lapte de vaca integral	250 g	
		Unt de arahide	50 g	
		Cacao	10 g	
Luni	Cina	Somon afumat	100 g	
		Paine integrala	100 g	
		Rosii	150 g	
		Masline negre	100 g	

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MARTI

Ziua:	Masa:	Alimente:	Cantitatea(g):	Echivalente:
Marti	Mic dejun	Bruschete paine integrala	100 g	
		Ulei de masline	20 g	
		Masline negre	50 g	
		Rosii	100 g	
		Lapte de vaca integral	250 g	
Marti	Gustare I	Whey Bar	70 g	
		Banane	200 g	
Marti	Pranz	Supa de rosii cu morcov ras(400 g)	100 g	
		Paine integrala	60 g	
		Pulpa de pui la gratar	200 g	
		Cartofi natur	250 g	
		Salata mixta(diverse verdeturi, rosii, ardei, castraveti)	150 g	
		Ulei de masline	15 g	
Marti	Gustare II	Lapte de vaca integral	250 g	
		Banane	100 g	
		Premium Whey	60 g	
		Cacao	10 g	
Marti	Cina	Bruschete paine integrala	100 g	
		Mozzarella	100 g	
		Rosii	100 g	
		Ulei de masline	15 g	

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MIERCURI

Ziua:	Masa:	Alimente:	Cantitatea(g):	Echivalente:
Miercuri	Mic dejun	Paine integrala	100 g	
		Unt	15 g	
		Miere	60 g	
		Lapte de vaca integral	250 g	
Miercuri	Gustare I	Paine integrala	60 g	
		Unt de arahide	30 g	
		Banane	50 g	
		Lapte de vaca integral	250 g	
Miercuri	Pranz	Ciorba de perisoare(350-50 g perisoare,cu orez)	100 g	
		Paine integrala	60 g	
		Macaroane fierte	250 g	
		Branza proaspata de vaca	200 g	
Miercuri	Gustare II	Lapte de vaca 1,5	200 g	
		Giant Mega Mass 4000	50 g	
Miercuri	Cina	Pulpa de pui la gratar	200 g	
		Legume mexicane	250 g	
		Paine integrala	100 g	

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JOI

Ziua:	Masa:	Alimente:	Cantitatea(g):	Echivalente:
Joi	Mic dejun	Paine integrala	100 g	
		Salata de vinete cu maioneza	120 g	
		Rosii	100 g	
		Lapte de vaca integral	250 g	
Joi	Gustare I	Nuci	80 g	
Joi	Pranz	Supa de fasole verde(400 g)	100 g	
		Paine integrala	60 g	
		Cus-Cus fiert	250 g	
		Tocanita de porc/vita	200 g	
		Muraturi asortate	250 g	
Joi	Gustare II	Lapte de vaca integral	250 g	
		Giant Mega Mass 4000	25 g	
		Cacao	10 g	
		Banane	100 g	
Joi	Cina	Sote de mazare cu morcovi	250 g	
		Ulei de masline	10 g	
		Omleta simpla	100 g	
		Paine integrala	100 g	

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VINERI

Ziua:	Masa:	Alimente:	Cantitatea(g):	Echivalente:
Vineri	Mic dejun	Lapte de vaca integral	250 g	
		Banane	120 g	
		Miere	20 g	
		Seminte decorticate canepa	60 g	
Vineri	Gustare I	Paine integrala	60 g	
		Unt	20 g	
		Sunca presata de porc Sissi Caroli	50 g	
		Ardei Gras	100 g	
		Lapte de vaca integral	250 g	
Vineri	Pranz	Supa crema broccoli(350 g)	100 g	
		Smantana	20 g	
		Bruschete paine integrala	60 g	
		Paste fainoase fierte	250 g	
		Sos bolognese	200 g	
		Parmezan	20 g	
Vineri	Gustare II	Lapte de vaca 1,5	200 g	
		Giant Mega Mass 4000	50 g	
Vineri	Cina	Salata mixta(diverse verdeturi, rosii, ardei, castraveti)	350 g	
		Cas proaspat de vaca	100 g	
		Masline negre	50 g	
		OU fiert	100 g	
		Ulei de masline	10 g	

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SAMBATA

Ziua:	Masa:	Alimente:	Cantitatea(g):	Echivalente:
Sambata	Mic dejun	Lapte de vaca integral	350 g	
		Chia	70 g	
		Banane	120 g	
Sambata	Gustare I	Insalatissime Messicana (cu ton)	170 g	
		Paine integrala	60 g	
Sambata	Pranz	Ciorba de perisoare(350-50 g perisoare,cu orez)	100 g	
		Paine integrala	60 g	
		Sote de mazare cu morcovi	300 g	
		Ulei de masline	20 g	
		Carne slaba de porc	200 g	
Sambata	Gustare II	Lapte de vaca integral	250 g	
		Unt de arahide	50 g	
		Cacao	10 g	
Sambata	Cina	Orez brun fiert	250 g	
		Tocanita de porc/vita	200 g	
		Muraturi asortate	250 g	

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DUMINICA

Ziua:	Masa:	Alimente:	Cantitatea(g):	Echivalente:
Duminica	Mic dejun	Lapte de vaca integral	250 g	
		Cereale musli cu fructe Sanovita	50 g	
		Zmeura	100 g	
		Chia	50 g	
Duminica	Gustare I	Paine integrala	60 g	
		Unt	15 g	
		Cascaval	30 g	
		Castraveti	100 g	
		Lapte de vaca integral	250 g	
Duminica	Pranz	Ciorba de fasole uscata (350 g)	100 g	
		Paine integrala	60 g	
		Sote de legume	300 g	
		Pulpa de pui la gratar	200 g	
		Ulei de masline	10 g	
Duminica	Gustare II	Lapte de vaca 1,5	200 g	
		Giant Mega Mass 4000	50 g	
Duminica	Cina	Salata mixta(diverse verdeturi, rosii, ardei, castraveti)	350 g	
		Sunca presata de porc Sissi Caroli	100 g	
		Cascaval	50 g	
		Masline negre	100 g	
		Ulei de masline	15 g	