

# MENIU SAPTAMANAL

nr: **RT-096** din data: **29.01.2016**

| Numele Prenumele: | Varsta: | Sexul: | Inaltime: | Greutate: | Total calorii: |
|-------------------|---------|--------|-----------|-----------|----------------|
| Fleter Silviu     | 22 ani  | M      | 1.80 m    | 122.6 kg  | 11237.05       |

## LUNI

| Ziua:                      | Masa:      | Alimente:                                                 | Cantitatea(g): | Calorii: |
|----------------------------|------------|-----------------------------------------------------------|----------------|----------|
| Luni                       | Mic dejun  | Lapte de vaca 1,5                                         | 250 g          | 120.75   |
|                            |            | Biscuiti din cereale (30 g- 2 buc.)                       | 60 g           | 197.58   |
|                            |            | Cacao                                                     | 10 g           | 43.20    |
|                            |            | Total calorii / masa - Mic dejun:                         |                | 361.53   |
| Luni                       | Gustare I  | Fibrobar cu ceai verde 50 g                               | 100 g          | 192.76   |
|                            |            | Total calorii / masa - Gustare I:                         |                | 192.76   |
| Luni                       | Pranz      | Salata mixta(diverse verdeturi, rosii, ardei, castraveti) | 300 g          | 79.50    |
|                            |            | Ton conserva suc propriu Rio Mare                         | 150 g          | 163.50   |
|                            |            | OU fiert                                                  | 50 g           | 82.00    |
|                            |            | Ulei de masline                                           | 10 g           | 90.00    |
|                            |            | Masline negre                                             | 50 g           | 65.18    |
|                            |            | Total calorii / masa - Pranz:                             |                | 480.18   |
| Luni                       | Gustare II | Nuci                                                      | 35 g           | 215.29   |
|                            |            | Total calorii / masa - Gustare II:                        |                | 215.29   |
| Luni                       | Cina       | Pulpa de pui la gratar                                    | 150 g          | 202.50   |
|                            |            | Ghiveci de legume                                         | 350 g          | 142.52   |
|                            |            | Total calorii / masa - Cina:                              |                | 345.02   |
| TOTAL CALORII / ZI - LUNI: |            |                                                           |                | 1594.78  |

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|-------------------|---------|--------|-----------|-----------|----------------|
| Fleter Silviu     | 22 ani  | M      | 1.80 m    | 122.6 kg  |                |

## MARTI

| Ziua:                       | Masa:      | Alimente:                           | Cantitatea(g): | Calorii: |
|-----------------------------|------------|-------------------------------------|----------------|----------|
| Marti                       | Mic dejun  | Lapte de vaca 1,5                   | 250 g          | 120.75   |
|                             |            | Biscuiti din cereale (30 g- 2 buc.) | 60 g           | 197.58   |
|                             |            | Cacao                               | 10 g           | 43.20    |
|                             |            | Total calorii / masa - Mic dejun:   |                | 361.53   |
| Marti                       | Gustare I  | Fibrobar cu ceai verde 50 g         | 100 g          | 192.76   |
|                             |            | Total calorii / masa - Gustare I:   |                | 192.76   |
| Marti                       | Pranz      | Paste fainoase fierte               | 300 g          | 336.00   |
|                             |            | Sos pesto de busuioc                | 100 g          | 85.00    |
|                             |            | Parmezan                            | 15 g           | 58.25    |
|                             |            | Total calorii / masa - Pranz:       |                | 479.25   |
| Marti                       | Gustare II | Nuci                                | 35 g           | 215.29   |
|                             |            | Total calorii / masa - Gustare II:  |                | 215.29   |
| Marti                       | Cina       | Spanac                              | 300 g          | 84.00    |
|                             |            | OU fiert                            | 100 g          | 164.00   |
|                             |            | Branza telemea vaca                 | 50 g           | 112.50   |
|                             |            | Total calorii / masa - Cina:        |                | 360.5    |
| TOTAL CALORII / ZI - MARTI: |            |                                     |                | 1609.33  |

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|-------------------|---------|--------|-----------|-----------|----------------|
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## MIERCURI

| Ziua:                          | Masa:      | Alimente:                                                 | Cantitatea(g): | Calorii: |
|--------------------------------|------------|-----------------------------------------------------------|----------------|----------|
| Miercuri                       | Mic dejun  | Lapte de vaca 1,5                                         | 150 g          | 72.45    |
|                                |            | Chia                                                      | 50 g           | 245.05   |
|                                |            | Cacao                                                     | 10 g           | 43.20    |
|                                |            | Total calorii / masa - Mic dejun:                         |                | 360.7    |
| Miercuri                       | Gustare I  | Fibrobar cu ceai verde 50 g                               | 100 g          | 192.76   |
|                                |            | Total calorii / masa - Gustare I:                         |                | 192.76   |
| Miercuri                       | Pranz      | Pulpa de pui la gratar                                    | 150 g          | 202.50   |
|                                |            | Sote de legume                                            | 300 g          | 232.20   |
|                                |            | Salata mixta(diverse verdeturi, rosii, ardei, castraveti) | 150 g          | 39.75    |
|                                |            | Total calorii / masa - Pranz:                             |                | 474.45   |
| Miercuri                       | Gustare II | Nuci                                                      | 35 g           | 215.29   |
|                                |            | Total calorii / masa - Gustare II:                        |                | 215.29   |
| Miercuri                       | Cina       | Biban                                                     | 150 g          | 138.00   |
|                                |            | Ulei de masline                                           | 10 g           | 90.00    |
|                                |            | Legume mexicane                                           | 300 g          | 137.10   |
|                                |            | Total calorii / masa - Cina:                              |                | 365.1    |
| TOTAL CALORII / ZI - MIERCURI: |            |                                                           |                | 1608.3   |

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|                   |         |        |           |           |                |
|-------------------|---------|--------|-----------|-----------|----------------|
| Numele Prenumele: | Varsta: | Sexul: | Inaltime: | Greutate: | Total calorii: |
| Fleter Silviu     | 22 ani  | M      | 1.80 m    | 122.6 kg  |                |

## JOI

| Ziua:                     | Masa:      | Alimente:                                                 | Cantitatea(g): | Calorii: |
|---------------------------|------------|-----------------------------------------------------------|----------------|----------|
| Joi                       | Mic dejun  | Lapte de vaca 1,5                                         | 250 g          | 120.75   |
|                           |            | Cereale musli cu fructe Sanovita                          | 60 g           | 239.70   |
|                           |            | Total calorii / masa - Mic dejun:                         |                | 360.45   |
| Joi                       | Gustare I  | Fibrobar cu ceai verde 50 g                               | 100 g          | 192.76   |
|                           |            | Total calorii / masa - Gustare I:                         |                | 192.76   |
| Joi                       | Pranz      | Tocanita de pui cu legume                                 | 200 g          | 239.60   |
|                           |            | Fasole verde sote (cu morcovi)                            | 350 g          | 223.30   |
|                           |            | Total calorii / masa - Pranz:                             |                | 462.9    |
| Joi                       | Gustare II | Nuci                                                      | 35 g           | 215.29   |
|                           |            | Total calorii / masa - Gustare II:                        |                | 215.29   |
| Joi                       | Cina       | Salata mixta(diverse verdeturi, rosii, ardei, castraveti) | 300 g          | 79.50    |
|                           |            | Avocado                                                   | 100 g          | 174.30   |
|                           |            | Mozzarella                                                | 50 g           | 121.50   |
|                           |            | Total calorii / masa - Cina:                              |                | 375.3    |
| TOTAL CALORII / ZI - JOI: |            |                                                           |                | 1606.7   |

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| Numele Prenumele: | Varsta: | Sexul: | Inaltime: | Greutate: | Total calorii: |
|-------------------|---------|--------|-----------|-----------|----------------|
| Fleter Silviu     | 22 ani  | M      | 1.80 m    | 122.6 kg  |                |

## VINERI

| Ziua:                        | Masa:      | Alimente:                          | Cantitatea(g): | Calorii: |
|------------------------------|------------|------------------------------------|----------------|----------|
| Vineri                       | Mic dejun  | Lapte de vaca 1,5                  | 250 g          | 120.75   |
|                              |            | Banane fara coaja                  | 200 g          | 190.40   |
|                              |            | Seminte de in                      | 10 g           | 56.72    |
|                              |            | Total calorii / masa - Mic dejun:  |                | 367.87   |
| Vineri                       | Gustare I  | Fibrobar cu ceai verde 50 g        | 100 g          | 192.76   |
|                              |            | Total calorii / masa - Gustare I:  |                | 192.76   |
| Vineri                       | Pranz      | Supa de legume(400 g)              | 100 g          | 180.20   |
|                              |            | Broccoli                           | 350 g          | 126.00   |
|                              |            | Piept de pui fara piele la gratar  | 150 g          | 161.10   |
|                              |            | Total calorii / masa - Pranz:      |                | 467.3    |
| Vineri                       | Gustare II | Nuci                               | 35 g           | 215.29   |
|                              |            | Total calorii / masa - Gustare II: |                | 215.29   |
| Vineri                       | Cina       | Cas proaspat de vaca               | 150 g          | 144.00   |
|                              |            | Ulei de masline                    | 15 g           | 135.00   |
|                              |            | Rosii cherry                       | 100 g          | 21.20    |
|                              |            | Masline negre                      | 50 g           | 65.18    |
|                              |            | Total calorii / masa - Cina:       |                | 365.38   |
| TOTAL CALORII / ZI - VINERI: |            |                                    |                | 1608.6   |

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|-------------------|---------|--------|-----------|-----------|----------------|
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## SAMBATA

| Ziua:                         | Masa:      | Alimente:                                                 | Cantitatea(g): | Calorii: |
|-------------------------------|------------|-----------------------------------------------------------|----------------|----------|
| Sambata                       | Mic dejun  | Paine integrala                                           | 90 g           | 218.70   |
|                               |            | Unt                                                       | 20 g           | 126.00   |
|                               |            | Ardei Gras                                                | 100 g          | 24.00    |
|                               |            | Total calorii / masa - Mic dejun:                         |                | 368.7    |
| Sambata                       | Gustare I  | Fibrobar cu ceai verde 50 g                               | 100 g          | 192.76   |
|                               |            | Total calorii / masa - Gustare I:                         |                | 192.76   |
| Sambata                       | Pranz      | Supa de fasole verde(400 g)                               | 100 g          | 163.20   |
|                               |            | Somon                                                     | 150 g          | 214.50   |
|                               |            | Legume la gratar(ciuperci,dovlecel,vinete)                | 350 g          | 84.14    |
|                               |            | Total calorii / masa - Pranz:                             |                | 461.84   |
| Sambata                       | Gustare II | Nuci                                                      | 35 g           | 215.29   |
|                               |            | Total calorii / masa - Gustare II:                        |                | 215.29   |
| Sambata                       | Cina       | Mozzarella                                                | 100 g          | 243.00   |
|                               |            | Salata mixta(diverse verdeturi, rosii, ardei, castraveti) | 350 g          | 92.75    |
|                               |            | Masline negre                                             | 30 g           | 39.11    |
|                               |            | Total calorii / masa - Cina:                              |                | 374.86   |
| TOTAL CALORII / ZI - SAMBATA: |            |                                                           |                | 1613.45  |

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

| Ziua:                          | Masa:      | Alimente:                                                 | Cantitatea(g): | Calorii: |
|--------------------------------|------------|-----------------------------------------------------------|----------------|----------|
| Duminica                       | Mic dejun  | Lapte de vaca 1,5                                         | 250 g          | 120.75   |
|                                |            | Biscuiti cu multicareale Rostar                           | 60 g           | 248.32   |
|                                |            | Total calorii / masa - Mic dejun:                         |                | 369.07   |
| Duminica                       | Gustare I  | Fibrobar cu ceai verde 50 g                               | 100 g          | 192.76   |
|                                |            | Total calorii / masa - Gustare I:                         |                | 192.76   |
| Duminica                       | Pranz      | Ciorba de legume(400 g)                                   | 100 g          | 180.20   |
|                                |            | Piept de curcan                                           | 150 g          | 144.12   |
|                                |            | Sos de ciuperci                                           | 150 g          | 141.18   |
|                                |            | Castraveti murati                                         | 150 g          | 18.30    |
|                                |            | Total calorii / masa - Pranz:                             |                | 483.8    |
| Duminica                       | Gustare II | Nuci                                                      | 35 g           | 215.29   |
|                                |            | Total calorii / masa - Gustare II:                        |                | 215.29   |
| Duminica                       | Cina       | Salata mixta(diverse verdeturi, rosii, ardei, castraveti) | 350 g          | 92.75    |
|                                |            | OU fiert                                                  | 100 g          | 164.00   |
|                                |            | Masline negre                                             | 60 g           | 78.22    |
|                                |            | Total calorii / masa - Cina:                              |                | 334.97   |
| TOTAL CALORII / ZI - DUMINICA: |            |                                                           |                | 1595.89  |

MENIU SAPTAMANAL  
Total 11237.05 calorii.