

# MENIU SAPTAMANAL

nr: **RT-015** din data: **03.04.2014**

|                   |         |        |           |           |                |
|-------------------|---------|--------|-----------|-----------|----------------|
| Numele Prenumele: | Varsta: | Sexul: | Inaltime: | Greutate: | Total calorii: |
| Ciurea Anisoara   | 40 ani  | F      | 1.65 m    | 63 kg     | 8269.61        |

## LUNI

| Ziua:                      | Masa:      | Alimente:                                  | Cantitatea(g): | Calorii: |
|----------------------------|------------|--------------------------------------------|----------------|----------|
| Luni                       | Mic dejun  | Iaurt(slab)                                | 150 g          | 43.35    |
|                            |            | Paine integrala                            | 60 g           | 145.80   |
|                            |            | Guacamole                                  | 50 g           | 43.22    |
|                            |            | Rosii cherry                               | 100 g          | 21.20    |
|                            |            | Total calorii / masa - Mic dejun:          |                | 253.57   |
| Luni                       | Gustare I  | Migdale                                    | 20 g           | 121.56   |
|                            |            | Total calorii / masa - Gustare I:          |                | 121.56   |
| Luni                       | Pranz      | Supa de legume(400 g)                      | 100 g          | 180.20   |
|                            |            | Orez brun fiert                            | 50 g           | 51.20    |
|                            |            | Ghiveci din legume(250 g)                  | 100 g          | 101.80   |
|                            |            | Muraturi asortate                          | 200 g          | 40.00    |
|                            |            | Ulei de masline                            | 10 g           | 90.00    |
|                            |            | Total calorii / masa - Pranz:              |                | 463.2    |
| Luni                       | Gustare II | Mere                                       | 100 g          | 56.00    |
|                            |            | Morcovi cruzi                              | 100 g          | 44.00    |
|                            |            | Total calorii / masa - Gustare II:         |                | 100      |
| Luni                       | Cina       | Salata cruditati(350 g)                    | 100 g          | 84.00    |
|                            |            | Legume la gratar(ciuperci,dovlecel,vinete) | 300 g          | 72.12    |
|                            |            | Seminte(in,susan,dovleac,floarea soarelui) | 15 g           | 81.90    |
|                            |            | Total calorii / masa - Cina:               |                | 238.02   |
| TOTAL CALORII / ZI - LUNI: |            |                                            |                | 1176.35  |

# MENIU SAPTAMANAL

nr: **RT-015** din data: **03.04.2014**

|                   |         |        |           |           |                |
|-------------------|---------|--------|-----------|-----------|----------------|
| Numele Prenumele: | Varsta: | Sexul: | Inaltime: | Greutate: | Total calorii: |
| Ciurea Anisoara   | 40 ani  | F      | 1.65 m    | 63 kg     |                |

## MARTI

| Ziua:                       | Masa:      | Alimente:                          | Cantitatea(g): | Calorii: |
|-----------------------------|------------|------------------------------------|----------------|----------|
| Marti                       | Mic dejun  | Iaurt(slab)                        | 150 g          | 43.35    |
|                             |            | Bruschete paine integrala          | 60 g           | 145.80   |
|                             |            | Rosii                              | 150 g          | 30.00    |
|                             |            | Ulei de masline                    | 5 g            | 45.00    |
|                             |            | Total calorii / masa - Mic dejun:  |                | 264.15   |
| Marti                       | Gustare I  | Portocale                          | 250 g          | 100.00   |
|                             |            | Total calorii / masa - Gustare I:  |                | 100      |
| Marti                       | Pranz      | Supa de rosii cu morcov ras(400 g) | 100 g          | 187.40   |
|                             |            | Paste fainoase fierte              | 100 g          | 112.00   |
|                             |            | Sos de ciuperci                    | 100 g          | 94.12    |
|                             |            | Ulei de masline                    | 10 g           | 90.00    |
|                             |            | Total calorii / masa - Pranz:      |                | 483.52   |
| Marti                       | Gustare II | Migdale                            | 20 g           | 121.56   |
|                             |            | Total calorii / masa - Gustare II: |                | 121.56   |
| Marti                       | Cina       | Salata cruditati(350 g)            | 100 g          | 84.00    |
|                             |            | Urda                               | 100 g          | 128.00   |
|                             |            | Total calorii / masa - Cina:       |                | 212      |
| TOTAL CALORII / ZI - MARTI: |            |                                    |                | 1181.23  |

# MENIU SAPTAMANAL

nr: **RT-015** din data: **03.04.2014**

|                   |         |        |           |           |                |
|-------------------|---------|--------|-----------|-----------|----------------|
| Numele Prenumele: | Varsta: | Sexul: | Inaltime: | Greutate: | Total calorii: |
| Ciurea Anisoara   | 40 ani  | F      | 1.65 m    | 63 kg     |                |

## MIERCURI

| Ziua:                          | Masa:      | Alimente:                                           | Cantitatea(g): | Calorii: |
|--------------------------------|------------|-----------------------------------------------------|----------------|----------|
| Miercuri                       | Mic dejun  | Lapte ZUZU degresat 0,1                             | 250 g          | 79.25    |
|                                |            | Fulgi de cereale (grau, secara, ovaz, orz) Sanovita | 50 g           | 159.45   |
|                                |            | Total calorii / masa - Mic dejun:                   |                | 238.7    |
| Miercuri                       | Gustare I  | Mandarine                                           | 200 g          | 112.00   |
|                                |            | Total calorii / masa - Gustare I:                   |                | 112      |
| Miercuri                       | Pranz      | Supa de mazare fara galuste(400 g)                  | 100 g          | 281.00   |
|                                |            | Conopida                                            | 350 g          | 98.00    |
|                                |            | Ulei de masline                                     | 10 g           | 90.00    |
|                                |            | Total calorii / masa - Pranz:                       |                | 469      |
| Miercuri                       | Gustare II | Caju                                                | 20 g           | 115.60   |
|                                |            | Total calorii / masa - Gustare II:                  |                | 115.6    |
| Miercuri                       | Cina       | Dovlecel umplut cu legume(300 g -jumătate buc.)     | 100 g          | 114.92   |
|                                |            | Urda                                                | 50 g           | 64.00    |
|                                |            | Ulei de masline                                     | 7 g            | 63.00    |
|                                |            | Total calorii / masa - Cina:                        |                | 241.92   |
| TOTAL CALORII / ZI - MIERCURI: |            |                                                     |                | 1177.22  |

# MENIU SAPTAMANAL

nr: **RT-015** din data: **03.04.2014**

|                   |         |        |           |           |                |
|-------------------|---------|--------|-----------|-----------|----------------|
| Numele Prenumele: | Varsta: | Sexul: | Inaltime: | Greutate: | Total calorii: |
| Ciurea Anisoara   | 40 ani  | F      | 1.65 m    | 63 kg     |                |

## JOI

| Ziua:                     | Masa:      | Alimente:                          | Cantitatea(g): | Calorii: |
|---------------------------|------------|------------------------------------|----------------|----------|
| Joi                       | Mic dejun  | Iaurt(slab)                        | 150 g          | 43.35    |
|                           |            | Bruschete paine integrala          | 60 g           | 145.80   |
|                           |            | Pasta de masline                   | 30 g           | 29.08    |
|                           |            | Ardei Gras                         | 100 g          | 24.00    |
|                           |            | Total calorii / masa - Mic dejun:  |                | 242.23   |
| Joi                       | Gustare I  | Migdale                            | 20 g           | 121.56   |
|                           |            | Total calorii / masa - Gustare I:  |                | 121.56   |
| Joi                       | Pranz      | Supa crema broccoli(350 g)         | 100 g          | 180.12   |
|                           |            | Quinoa                             | 100 g          | 118.70   |
|                           |            | Avocado                            | 100 g          | 174.30   |
|                           |            | Total calorii / masa - Pranz:      |                | 473.12   |
| Joi                       | Gustare II | Mere                               | 200 g          | 112.00   |
|                           |            | Total calorii / masa - Gustare II: |                | 112      |
| Joi                       | Cina       | Broccoli                           | 250 g          | 90.00    |
|                           |            | Soia fiarta (granule cuburi)       | 100 g          | 142.00   |
|                           |            | Total calorii / masa - Cina:       |                | 232      |
| TOTAL CALORII / ZI - JOI: |            |                                    |                | 1180.91  |

# MENIU SAPTAMANAL

nr: **RT-015** din data: **03.04.2014**

| Numele Prenumele: | Varsta: | Sexul: | Inaltime: | Greutate: | Total calorii: |
|-------------------|---------|--------|-----------|-----------|----------------|
| Ciurea Anisoara   | 40 ani  | F      | 1.65 m    | 63 kg     |                |

## VINERI

| Ziua:                        | Masa:      | Alimente:                          | Cantitatea(g): | Calorii: |
|------------------------------|------------|------------------------------------|----------------|----------|
| Vineri                       | Mic dejun  | Iaurt(slab)                        | 150 g          | 43.35    |
|                              |            | Paine integrala                    | 60 g           | 145.80   |
|                              |            | Pate vegetal                       | 20 g           | 57.40    |
|                              |            | Total calorii / masa - Mic dejun:  |                | 246.55   |
| Vineri                       | Gustare I  | Grapefruit                         | 250 g          | 100.00   |
|                              |            | Total calorii / masa - Gustare I:  |                | 100      |
| Vineri                       | Pranz      | Supa de gulie(400 g)               | 100 g          | 163.20   |
|                              |            | Paste fainoase fierte              | 100 g          | 112.00   |
|                              |            | Varza calita                       | 150 g          | 131.94   |
|                              |            | Ulei de masline                    | 7 g            | 63.00    |
|                              |            | Total calorii / masa - Pranz:      |                | 470.14   |
| Vineri                       | Gustare II | Migdale                            | 20 g           | 121.56   |
|                              |            | Total calorii / masa - Gustare II: |                | 121.56   |
| Vineri                       | Cina       | Ciuperci la gratar                 | 250 g          | 70.00    |
|                              |            | Salata cruditati(350 g)            | 100 g          | 84.00    |
|                              |            | Branza degresata                   | 100 g          | 85.00    |
|                              |            | Total calorii / masa - Cina:       |                | 239      |
| TOTAL CALORII / ZI - VINERI: |            |                                    |                | 1177.25  |

# MENIU SAPTAMANAL

nr: **RT-015** din data: **03.04.2014**

|                   |         |        |           |           |                |
|-------------------|---------|--------|-----------|-----------|----------------|
| Numele Prenumele: | Varsta: | Sexul: | Inaltime: | Greutate: | Total calorii: |
| Ciurea Anisoara   | 40 ani  | F      | 1.65 m    | 63 kg     |                |

## SAMBATA

| Ziua:                         | Masa:      | Alimente:                                  | Cantitatea(g): | Calorii: |
|-------------------------------|------------|--------------------------------------------|----------------|----------|
| Sambata                       | Mic dejun  | Paine integrala                            | 60 g           | 145.80   |
|                               |            | Perle de branza cu smantana 2%             | 100 g          | 74.00    |
|                               |            | Ardei Gras                                 | 100 g          | 24.00    |
|                               |            | Total calorii / masa - Mic dejun:          |                | 243.8    |
| Sambata                       | Gustare I  | Compot de ananas                           | 170 g          | 108.80   |
|                               |            | Total calorii / masa - Gustare I:          |                | 108.8    |
| Sambata                       | Pranz      | Ciorba de fasole boabe (400 g)             | 100 g          | 251.75   |
|                               |            | Broccoli                                   | 300 g          | 108.00   |
|                               |            | Seminte(in,susan,dovleac,floarea soarelui) | 20 g           | 109.20   |
|                               |            | Total calorii / masa - Pranz:              |                | 468.95   |
| Sambata                       | Gustare II | Migdale                                    | 20 g           | 121.56   |
|                               |            | Total calorii / masa - Gustare II:         |                | 121.56   |
| Sambata                       | Cina       | Salata de telina cu mar (150 g)            | 100 g          | 58.00    |
|                               |            | Seminte(in,susan,dovleac,floarea soarelui) | 20 g           | 109.20   |
|                               |            | Stafide                                    | 25 g           | 76.25    |
|                               |            | Total calorii / masa - Cina:               |                | 243.45   |
| TOTAL CALORII / ZI - SAMBATA: |            |                                            |                | 1186.56  |

# MENIU SAPTAMANAL

nr: **RT-015** din data: **03.04.2014**

|                   |         |        |           |           |                |
|-------------------|---------|--------|-----------|-----------|----------------|
| Numele Prenumele: | Varsta: | Sexul: | Inaltime: | Greutate: | Total calorii: |
| Ciurea Anisoara   | 40 ani  | F      | 1.65 m    | 63 kg     |                |

## DUMINICA

| Ziua:                          | Masa:      | Alimente:                          | Cantitatea(g): | Calorii: |
|--------------------------------|------------|------------------------------------|----------------|----------|
| Duminica                       | Mic dejun  | Iaurt(slab)                        | 150 g          | 43.35    |
|                                |            | Tarate de ovaz                     | 20 g           | 79.00    |
|                                |            | Bruschete paine integrala          | 30 g           | 72.90    |
|                                |            | Rosii cherry                       | 50 g           | 10.60    |
|                                |            | Ulei de masline                    | 5 g            | 45.00    |
|                                |            | Total calorii / masa - Mic dejun:  |                | 250.85   |
| Duminica                       | Gustare I  | Mere                               | 200 g          | 112.00   |
|                                |            | Total calorii / masa - Gustare I:  |                | 112      |
| Duminica                       | Pranz      | Supa de cartofi                    | 100 g          | 269.04   |
|                                |            | Ghiveci din legume(250 g)          | 100 g          | 101.80   |
|                                |            | Soia fiarta (granule cuburi)       | 70 g           | 99.40    |
|                                |            | Total calorii / masa - Pranz:      |                | 470.24   |
| Duminica                       | Gustare II | Migdale                            | 20 g           | 121.56   |
|                                |            | Total calorii / masa - Gustare II: |                | 121.56   |
| Duminica                       | Cina       | Salata cruditati(350 g)            | 100 g          | 84.00    |
|                                |            | Cas proaspat de vaca               | 60 g           | 151.44   |
|                                |            | Total calorii / masa - Cina:       |                | 235.44   |
| TOTAL CALORII / ZI - DUMINICA: |            |                                    |                | 1190.09  |

MENIU SAPTAMANAL  
Total 8269.61 calorii.