

# MENIU SAPTAMANAL

nr: **RT-052** din data: **14.05.2015**

| Numele Prenumele: | Varsta: | Sexul: | Inaltime: | Greutate: | Total calorii: |
|-------------------|---------|--------|-----------|-----------|----------------|
| Balas Raluca      | 34 ani  | F      | 1.65 m    | 68.5 kg   | 9083.47        |

## LUNI

| Ziua:                      | Masa:      | Alimente:                          | Cantitatea(g): | Calorii: |
|----------------------------|------------|------------------------------------|----------------|----------|
| Luni                       | Mic dejun  | Iaurt(slab)                        | 150 g          | 43.35    |
|                            |            | Paine integrala                    | 60 g           | 145.80   |
|                            |            | OU fiert                           | 50 g           | 82.00    |
|                            |            | Total calorii / masa - Mic dejun:  |                | 271.15   |
| Luni                       | Gustare I  | Baton cu prune si omega 3          | 40 g           | 134.40   |
|                            |            | Kiwi                               | 100 g          | 64.00    |
|                            |            | Total calorii / masa - Gustare I:  |                | 198.4    |
| Luni                       | Pranz      | Supa de rosii cu morcov ras(400 g) | 100 g          | 187.40   |
|                            |            | Paste fainoase fierte              | 100 g          | 112.00   |
|                            |            | Sos de ciuperci                    | 80 g           | 75.30    |
|                            |            | Total calorii / masa - Pranz:      |                | 374.7    |
| Luni                       | Gustare II | Nuci                               | 30 g           | 184.53   |
|                            |            | Total calorii / masa - Gustare II: |                | 184.53   |
| Luni                       | Cina       | Salata mixta                       | 300 g          | 79.50    |
|                            |            | Cas proaspat de vaca               | 100 g          | 96.00    |
|                            |            | Porumb crud fiert                  | 100 g          | 92.00    |
|                            |            | Total calorii / masa - Cina:       |                | 267.5    |
| TOTAL CALORII / ZI - LUNI: |            |                                    |                | 1296.28  |

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| Numele Prenumele: | Varsta: | Sexul: | Inaltime: | Greutate: | Total calorii: |
| Balas Raluca      | 34 ani  | F      | 1.65 m    | 68.5 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 cherry                       | 150 g          | 31.80    |
|                             |            | Ulei de masline                    | 5 g            | 45.00    |
|                             |            | Total calorii / masa - Mic dejun:  |                | 265.95   |
| Marti                       | Gustare I  | Nuci                               | 30 g           | 184.53   |
|                             |            | Total calorii / masa - Gustare I:  |                | 184.53   |
| Marti                       | Pranz      | Supa de legume(400 g)              | 100 g          | 180.20   |
|                             |            | Pilaf de orez cu ciuperci(150 g)   | 100 g          | 143.00   |
|                             |            | Sfecla rosie                       | 140 g          | 61.60    |
|                             |            | Total calorii / masa - Pranz:      |                | 384.8    |
| Marti                       | Gustare II | Baton cu prune si omega 3          | 40 g           | 134.40   |
|                             |            | Capsuni                            | 150 g          | 54.00    |
|                             |            | Total calorii / masa - Gustare II: |                | 188.4    |
| Marti                       | Cina       | Conopida                           | 350 g          | 98.00    |
|                             |            | Pulpa de pui la gratar             | 100 g          | 135.00   |
|                             |            | Salata mixta                       | 200 g          | 53.00    |
|                             |            | Total calorii / masa - Cina:       |                | 286      |
| TOTAL CALORII / ZI - MARTI: |            |                                    |                | 1309.68  |

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|-------------------|---------|--------|-----------|-----------|----------------|
| Balas Raluca      | 34 ani  | F      | 1.65 m    | 68.5 kg   |                |

## MIERCURI

| Ziua:                          | Masa:      | Alimente:                                       | Cantitatea(g): | Calorii: |
|--------------------------------|------------|-------------------------------------------------|----------------|----------|
| Miercuri                       | Mic dejun  | Iaurt(slab)                                     | 150 g          | 43.35    |
|                                |            | Paine integrala                                 | 60 g           | 145.80   |
|                                |            | Salata de conopida(sau de vinete) fara maioneza | 60 g           | 45.43    |
|                                |            | Rosii cherry                                    | 100 g          | 21.20    |
|                                |            | Total calorii / masa - Mic dejun:               |                | 255.78   |
| Miercuri                       | Gustare I  | Baton cu prune si omega 3                       | 40 g           | 134.40   |
|                                |            | Mere                                            | 120 g          | 67.20    |
|                                |            | Total calorii / masa - Gustare I:               |                | 201.6    |
| Miercuri                       | Pranz      | Mamaliga                                        | 250 g          | 170.00   |
|                                |            | Tocanita de pui(150 g)                          | 100 g          | 181.36   |
|                                |            | Muraturi asortate                               | 150 g          | 30.00    |
|                                |            | Total calorii / masa - Pranz:                   |                | 381.36   |
| 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    |
|                                |            | Ananas (proaspat)                               | 100 g          | 48.00    |
|                                |            | Seminte decorticate canepa                      | 15 g           | 82.35    |
|                                |            | Total calorii / masa - Cina:                    |                | 268.85   |
| TOTAL CALORII / ZI - MIERCURI: |            |                                                 |                | 1292.12  |

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|-------------------|---------|--------|-----------|-----------|----------------|
| Numele Prenumele: | Varsta: | Sexul: | Inaltime: | Greutate: | Total calorii: |
| Balas Raluca      | 34 ani  | F      | 1.65 m    | 68.5 kg   |                |

## JOI

| Ziua:                     | Masa:      | Alimente:                          | Cantitatea(g): | Calorii: |
|---------------------------|------------|------------------------------------|----------------|----------|
| Joi                       | Mic dejun  | Iaurt(slab)                        | 150 g          | 43.35    |
|                           |            | Paine integrala                    | 60 g           | 145.80   |
|                           |            | Unt                                | 10 g           | 63.00    |
|                           |            | Ardei Gras                         | 50 g           | 12.00    |
|                           |            | Total calorii / masa - Mic dejun:  |                |          |
| Joi                       | Gustare I  | Baton cu prune si omega 3          | 40 g           | 134.40   |
|                           |            | Mere                               | 120 g          | 67.20    |
|                           |            | Total calorii / masa - Gustare I:  |                |          |
| Joi                       | Pranz      | Orez brun fiert                    | 200 g          | 204.80   |
|                           |            | Piept de pui fara piele la gratar  | 100 g          | 107.40   |
|                           |            | Salata mixta                       | 250 g          | 66.25    |
|                           |            | Total calorii / masa - Pranz:      |                |          |
| Joi                       | Gustare II | Nuci                               | 30 g           | 184.53   |
|                           |            | Total calorii / masa - Gustare II: |                |          |
| Joi                       | Cina       | Guacamole                          | 100 g          | 86.44    |
|                           |            | Bruschete paine integrala          | 60 g           | 145.80   |
|                           |            | Rosii cherry                       | 150 g          | 31.80    |
|                           |            | Total calorii / masa - Cina:       |                |          |
| TOTAL CALORII / ZI - JOI: |            |                                    |                | 1292.77  |

# MENIU SAPTAMANAL

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| Numele Prenumele: | Varsta: | Sexul: | Inaltime: | Greutate: | Total calorii: |
|-------------------|---------|--------|-----------|-----------|----------------|
| Balas Raluca      | 34 ani  | F      | 1.65 m    | 68.5 kg   |                |

## VINERI

| Ziua:                        | Masa:      | Alimente:                                  | Cantitatea(g): | Calorii: |
|------------------------------|------------|--------------------------------------------|----------------|----------|
| Vineri                       | Mic dejun  | Iaurt(slab)                                | 150 g          | 43.35    |
|                              |            | Capsuni                                    | 100 g          | 36.00    |
|                              |            | Migdale                                    | 30 g           | 182.34   |
|                              |            | Total calorii / masa - Mic dejun:          |                | 261.69   |
| Vineri                       | Gustare I  | Baton cu prune si omega 3                  | 40 g           | 134.40   |
|                              |            | Mere                                       | 120 g          | 67.20    |
|                              |            | Total calorii / masa - Gustare I:          |                | 201.6    |
| Vineri                       | Pranz      | Paste fainoase fierte                      | 200 g          | 224.00   |
|                              |            | Ghiveci de legume                          | 200 g          | 81.44    |
|                              |            | Sfecla rosie                               | 150 g          | 66.00    |
|                              |            | Total calorii / masa - Pranz:              |                | 371.44   |
| Vineri                       | Gustare II | Biscuiti cu multicareale Rostar            | 50 g           | 206.93   |
|                              |            | Total calorii / masa - Gustare II:         |                | 206.93   |
| Vineri                       | Cina       | Legume la gratar(ciuperci,dovlecel,vinete) | 350 g          | 84.14    |
|                              |            | Pastrav                                    | 100 g          | 139.00   |
|                              |            | Salata mixta                               | 150 g          | 39.75    |
|                              |            | Total calorii / masa - Cina:               |                | 262.89   |
| TOTAL CALORII / ZI - VINERI: |            |                                            |                | 1304.55  |

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|-------------------|---------|--------|-----------|-----------|----------------|
| Numele Prenumele: | Varsta: | Sexul: | Inaltime: | Greutate: | Total calorii: |
| Balas Raluca      | 34 ani  | F      | 1.65 m    | 68.5 kg   |                |

## SAMBATA

| Ziua:                         | Masa:      | Alimente:                          | Cantitatea(g): | Calorii: |
|-------------------------------|------------|------------------------------------|----------------|----------|
| Sambata                       | Mic dejun  | Iaurt(slab)                        | 150 g          | 43.35    |
|                               |            | Bruschete paine integrala          | 60 g           | 145.80   |
|                               |            | Branza slaba de vaca               | 60 g           | 48.60    |
|                               |            | Capsuni                            | 60 g           | 21.60    |
|                               |            | Total calorii / masa - Mic dejun:  |                | 259.35   |
| Sambata                       | Gustare I  | Nuci                               | 30 g           | 184.53   |
|                               |            | Total calorii / masa - Gustare I:  |                | 184.53   |
| Sambata                       | Pranz      | Ciorba de vacuta(400 g)            | 100 g          | 203.00   |
|                               |            | Paine integrala                    | 60 g           | 145.80   |
|                               |            | Smantana                           | 15 g           | 30.60    |
|                               |            | Total calorii / masa - Pranz:      |                | 379.4    |
| Sambata                       | Gustare II | Baton cu prune si omega 3          | 40 g           | 134.40   |
|                               |            | Mere                               | 120 g          | 67.20    |
|                               |            | Total calorii / masa - Gustare II: |                | 201.6    |
| Sambata                       | Cina       | Salata cruditati(350 g)            | 100 g          | 84.00    |
|                               |            | Avocado                            | 50 g           | 87.15    |
|                               |            | Porumb crud fiert                  | 100 g          | 92.00    |
|                               |            | Total calorii / masa - Cina:       |                | 263.15   |
| TOTAL CALORII / ZI - SAMBATA: |            |                                    |                | 1288.03  |

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|-------------------|---------|--------|-----------|-----------|----------------|
| Balas Raluca      | 34 ani  | F      | 1.65 m    | 68.5 kg   |                |

## DUMINICA

| Ziua:                          | Masa:      | Alimente:                          | Cantitatea(g): | Calorii: |
|--------------------------------|------------|------------------------------------|----------------|----------|
| Duminica                       | Mic dejun  | Iaurt(slab)                        | 150 g          | 43.35    |
|                                |            | Biscuiti cu multicareale Rostar    | 52 g           | 215.21   |
|                                |            | Total calorii / masa - Mic dejun:  |                | 258.56   |
| Duminica                       | Gustare I  | Baton cu prune si omega 3          | 40 g           | 134.40   |
|                                |            | Mere                               | 120 g          | 67.20    |
|                                |            | Total calorii / masa - Gustare I:  |                | 201.6    |
| Duminica                       | Pranz      | Salata orientala(400 g)            | 100 g          | 358.00   |
|                                |            | Muraturi asortate                  | 150 g          | 30.00    |
|                                |            | Total calorii / masa - Pranz:      |                | 388      |
| Duminica                       | Gustare II | Nuci                               | 30 g           | 184.53   |
|                                |            | Total calorii / masa - Gustare II: |                | 184.53   |
| Duminica                       | Cina       | Legume mexicane                    | 350 g          | 159.95   |
|                                |            | Piept de pui fara piele la gratar  | 100 g          | 107.40   |
|                                |            | Total calorii / masa - Cina:       |                | 267.35   |
| TOTAL CALORII / ZI - DUMINICA: |            |                                    |                | 1300.04  |

MENIU SAPTAMANAL  
Total 9083.47 calorii.