

# MENIU SAPTAMANAL

nr: **RT-079** din data: **30.09.2015**

| Numele Prenumele: | Varsta:  | Sexul: | Inaltime: | Greutate: | Total calorii: |
|-------------------|----------|--------|-----------|-----------|----------------|
| Petruta Cristina  | 2016 ani | F      | 1.62 m    | 101.6 kg  | 8405.00        |

## LUNI

| Ziua:                      | Masa:      | Alimente:                          | Cantitatea(g): | Calorii: |
|----------------------------|------------|------------------------------------|----------------|----------|
| Luni                       | Mic dejun  | Iaurt(slab)                        | 250 g          | 72.25    |
|                            |            | Tarate de ovaz                     | 40 g           | 158.00   |
|                            |            | Total calorii / masa - Mic dejun:  |                | 230.25   |
| Luni                       | Gustare I  | Biscuiti cu multicareale Rostar    | 45 g           | 186.24   |
|                            |            | Total calorii / masa - Gustare I:  |                | 186.24   |
| Luni                       | Pranz      | Salata orientala(400 g)            | 100 g          | 358.00   |
|                            |            | Total calorii / masa - Pranz:      |                | 358      |
| Luni                       | Gustare II | Nuci                               | 30 g           | 184.53   |
|                            |            | Total calorii / masa - Gustare II: |                | 184.53   |
| Luni                       | Cina       | Pulpa de pui la gratar             | 100 g          | 135.00   |
|                            |            | Ghiveci de legume                  | 250 g          | 101.80   |
|                            |            | Total calorii / masa - Cina:       |                | 236.8    |
| TOTAL CALORII / ZI - LUNI: |            |                                    |                | 1195.82  |

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|-------------------|----------|--------|-----------|-----------|----------------|
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## MARTI

| Ziua:                       | Masa:      | Alimente:                                       | Cantitatea(g): | Calorii: |
|-----------------------------|------------|-------------------------------------------------|----------------|----------|
| Marti                       | Mic dejun  | Paine integrala                                 | 60 g           | 145.80   |
|                             |            | Salata de conopida(sau de vinete) fara maioneza | 100 g          | 75.72    |
|                             |            | Ardei Gras                                      | 100 g          | 24.00    |
|                             |            | Total calorii / masa - Mic dejun:               |                | 245.52   |
| Marti                       | Gustare I  | Iaurt(slab)                                     | 150 g          | 43.35    |
|                             |            | Crackers cu ulei de masline                     | 30 g           | 126.73   |
|                             |            | Total calorii / masa - Gustare I:               |                | 170.08   |
| Marti                       | Pranz      | Ciorba de perisoare(350-50 g perisoare,cu orez) | 100 g          | 215.26   |
|                             |            | Paine integrala                                 | 60 g           | 145.80   |
|                             |            | Total calorii / masa - Pranz:                   |                | 361.06   |
| Marti                       | Gustare II | Nuci                                            | 30 g           | 184.53   |
|                             |            | Total calorii / masa - Gustare II:              |                | 184.53   |
| Marti                       | Cina       | Salata mixta                                    | 350 g          | 92.75    |
|                             |            | OU fiert                                        | 50 g           | 82.00    |
|                             |            | Masline negre                                   | 50 g           | 65.18    |
|                             |            | Total calorii / masa - Cina:                    |                | 239.93   |
| TOTAL CALORII / ZI - MARTI: |            |                                                 |                | 1201.12  |

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|-------------------|----------|--------|-----------|-----------|----------------|
| Petruta Cristina  | 2016 ani | F      | 1.62 m    | 101.6 kg  |                |

## MIERCURI

| Ziua:                          | Masa:      | Alimente:                          | Cantitatea(g): | Calorii: |
|--------------------------------|------------|------------------------------------|----------------|----------|
| Miercuri                       | Mic dejun  | Paine integrala                    | 60 g           | 145.80   |
|                                |            | Unt                                | 10 g           | 63.00    |
|                                |            | Ardei Gras                         | 100 g          | 24.00    |
|                                |            | Total calorii / masa - Mic dejun:  |                | 232.8    |
| Miercuri                       | Gustare I  | Baton cereale Nestle               | 25 g           | 94.75    |
|                                |            | Portocale                          | 200 g          | 80.00    |
|                                |            | Total calorii / masa - Gustare I:  |                | 174.75   |
| Miercuri                       | Pranz      | Paste fainoase fierte              | 200 g          | 224.00   |
|                                |            | Sos de ciuperci                    | 150 g          | 141.18   |
|                                |            | Total calorii / masa - Pranz:      |                | 365.18   |
| Miercuri                       | Gustare II | Nuci                               | 30 g           | 184.53   |
|                                |            | Total calorii / masa - Gustare II: |                | 184.53   |
| Miercuri                       | Cina       | Pastrav                            | 100 g          | 139.00   |
|                                |            | Legume mexicane                    | 250 g          | 114.25   |
|                                |            | Total calorii / masa - Cina:       |                | 253.25   |
| TOTAL CALORII / ZI - MIERCURI: |            |                                    |                | 1210.51  |

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|-------------------|----------|--------|-----------|-----------|----------------|
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## JOI

| Ziua:                     | Masa:      | Alimente:                          | Cantitatea(g): | Calorii: |
|---------------------------|------------|------------------------------------|----------------|----------|
| Joi                       | Mic dejun  | Lapte ZUZU degresat 0,1            | 200 g          | 63.40    |
|                           |            | Visine                             | 150 g          | 91.50    |
|                           |            | Seminte decorticate canepa         | 15 g           | 82.35    |
|                           |            | Total calorii / masa - Mic dejun:  |                | 237.25   |
| Joi                       | Gustare I  | Biscuiti cu multicareale Rostar    | 45 g           | 186.24   |
|                           |            | Total calorii / masa - Gustare I:  |                | 186.24   |
| Joi                       | Pranz      | Mamaliga                           | 250 g          | 170.00   |
|                           |            | Urda                               | 130 g          | 166.40   |
|                           |            | Total calorii / masa - Pranz:      |                | 336.4    |
| Joi                       | Gustare II | Nuci                               | 30 g           | 184.53   |
|                           |            | Total calorii / masa - Gustare II: |                | 184.53   |
| Joi                       | Cina       | Supa de legume(400 g)              | 100 g          | 180.20   |
|                           |            | Paine integrala                    | 30 g           | 72.90    |
|                           |            | Total calorii / masa - Cina:       |                | 253.1    |
| TOTAL CALORII / ZI - JOI: |            |                                    |                | 1197.52  |

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|-------------------|----------|--------|-----------|-----------|----------------|
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## VINERI

| Ziua:                        | Masa:      | Alimente:                            | Cantitatea(g): | Calorii: |
|------------------------------|------------|--------------------------------------|----------------|----------|
| Vineri                       | Mic dejun  | Paine integrala                      | 60 g           | 145.80   |
|                              |            | Sunca presata de porc Sissi Caroli   | 60 g           | 56.40    |
|                              |            | Rosii                                | 150 g          | 30.00    |
|                              |            | Total calorii / masa - Mic dejun:    |                | 232.2    |
| Vineri                       | Gustare I  | Pere proaspete cu coaja              | 130 g          | 83.20    |
|                              |            | Biscuiti cu multicareale Rostar      | 25 g           | 103.47   |
|                              |            | Total calorii / masa - Gustare I:    |                | 186.67   |
| Vineri                       | Pranz      | Orez brun fiert                      | 200 g          | 204.80   |
|                              |            | Ghiveci de legume                    | 250 g          | 101.80   |
|                              |            | Sfecla rosie                         | 100 g          | 44.00    |
|                              |            | Total calorii / masa - Pranz:        |                | 350.6    |
| Vineri                       | Gustare II | Nuci                                 | 30 g           | 184.53   |
|                              |            | Total calorii / masa - Gustare II:   |                | 184.53   |
| Vineri                       | Cina       | Salata cu ton si 50 g masline(350 g) | 100 g          | 237.00   |
|                              |            | Total calorii / masa - Cina:         |                | 237      |
| TOTAL CALORII / ZI - VINERI: |            |                                      |                | 1191     |

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

| Ziua:                         | Masa:      | Alimente:                                     | Cantitatea(g): | Calorii: |
|-------------------------------|------------|-----------------------------------------------|----------------|----------|
| Sambata                       | Mic dejun  | Paine integrala                               | 60 g           | 145.80   |
|                               |            | Zacusca                                       | 100 g          | 111.00   |
|                               |            | Total calorii / masa - Mic dejun:             |                | 256.8    |
| Sambata                       | Gustare I  | Iaurt(slab)                                   | 150 g          | 43.35    |
|                               |            | Crackers cu ulei de masline                   | 30 g           | 126.73   |
|                               |            | Total calorii / masa - Gustare I:             |                | 170.08   |
| Sambata                       | Pranz      | Ciorba de pui(350 g)                          | 100 g          | 185.00   |
|                               |            | Orez brun fiert                               | 100 g          | 102.40   |
|                               |            | Mazare, ciuperci, morcovi si ceapa(la tigaie) | 150 g          | 69.93    |
|                               |            | Total calorii / masa - Pranz:                 |                | 357.33   |
| Sambata                       | Gustare II | Nuci                                          | 30 g           | 184.53   |
|                               |            | Total calorii / masa - Gustare II:            |                | 184.53   |
| Sambata                       | Cina       | Legume la gratar(ciuperci,dovlecel,vinete)    | 350 g          | 84.14    |
|                               |            | Paine integrala                               | 60 g           | 145.80   |
|                               |            | Total calorii / masa - Cina:                  |                | 229.94   |
| TOTAL CALORII / ZI - SAMBATA: |            |                                               |                | 1198.68  |

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

| Ziua:                          | Masa:      | Alimente:                          | Cantitatea(g): | Calorii: |
|--------------------------------|------------|------------------------------------|----------------|----------|
| Duminica                       | Mic dejun  | Lapte ZUZU degresat 0,1            | 250 g          | 79.25    |
|                                |            | Biscuiti cu multicareale Rostar    | 40 g           | 165.54   |
|                                |            | Total calorii / masa - Mic dejun:  |                | 244.79   |
| Duminica                       | Gustare I  | Baton cereale Nestle               | 25 g           | 94.75    |
|                                |            | Mere                               | 150 g          | 84.00    |
|                                |            | Total calorii / masa - Gustare I:  |                | 178.75   |
| Duminica                       | Pranz      | Supa de conopida(400 g)            | 100 g          | 163.20   |
|                                |            | Mamaliga                           | 150 g          | 102.00   |
|                                |            | Pangasius                          | 100 g          | 88.00    |
|                                |            | Total calorii / masa - Pranz:      |                | 353.2    |
| Duminica                       | Gustare II | Nuci                               | 30 g           | 184.53   |
|                                |            | Total calorii / masa - Gustare II: |                | 184.53   |
| Duminica                       | Cina       | Branza slaba de vaca               | 100 g          | 81.00    |
|                                |            | Rosii                              | 150 g          | 30.00    |
|                                |            | Paine integrala                    | 30 g           | 72.90    |
|                                |            | Masline negre                      | 50 g           | 65.18    |
|                                |            | Total calorii / masa - Cina:       |                | 249.08   |
| TOTAL CALORII / ZI - DUMINICA: |            |                                    |                | 1210.35  |

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Total 8405 calorii.