

MENIU FEMEIE CARE ALAPTEAZA

INALTIME - 170 CM , GREUTATE - 65 KG

NECESAR = 1950+700=2650 KCAL

LIPIDE - 25-30% = 795 kcal :9 = 88 g

PROTEINE - 10-12% = 318 kcal : 4 = 80g + 40 g ptr alaptare

GLUCIDE - 55 - 65% = 2650-1113=1537:4=384g

MENIU	PROTEINE	GLUCIDE	LIPIDE	CALORII
<i>DIMINEATA</i>				
Ceai cu lamaie+ou fiert+unt+gem+paine				
lamaie - 10g			0,6	
zahar-15g			15	
ou-50g	7		0,4	6
unt-10g				8
gem-40g			28	
paine-50g	5		25	1
TOTAL	12g	69g	15g	459
<i>GUSTARE</i>				
<i>Gris cu lapte-250g</i>				
gris -50g	5		36	
lapte -200g	8		8	8
zahar-10g			10	
TOTAL	13	54	8	
<i>PRANZ</i>				
<i>Supa de rosii cu orez-300g</i>				
rosii-300g	3		13	
ceapa-20g			2	
ulei-10g				20
zahar-3g			3	
faina-5g	0,5		3,6	
orez-20g	1,5		15	
telina-10g			0,5	
morcovi-20g			1,7	
ardei-20g			1	
verdeata-3g			0,3	
TOTAL	5g	40g	20g	360
<i>Budinca de cartofi cu carne-350g</i>				
carne-100g	20			10
cartofi-250g	5		50	
faina-10g	1		8	
franzela-35g	3		17	
ou-15g	2			1
ulei-10g				10
TOTAL	31	75	21	613
<i>GUSTARE</i>				

Gutui coapte				
gutui-300g		43		
zahar-10g		10		
TOTAL	53g		212	
CINA				
<i>Ciulama de pasare cu mamaliguta -250g</i>				
pasare-150g	30		8	
unt-10g			8	
faina-10g	1	8		
morcovi-20g		2		
telina-20g		2		
lapte-50g	2	2	1	
malai-100g	9	72	1,7	
TOTAL	41	86	18,7	676
TOTAL VALORI	102	377	82	2660