|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Colazione |  | CARBO 46 | PROT 35 | GRASSI 15.5 |
| 500ml latte scr. |  | 24,5 | 16 | 0,25 |
| 100g total 0 fage |  | 4 | 10 | 0 |
| 30g cereali |  | 20 | 3 | 0,6 |
| 20g noci |  | 1 | 2,6 | 14,5 |
|  | TOT | 49,5 >> +3,5 | 31,6 >> -4 | 15,4 |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Spuntino mat. |  | CARBO | PROT | GRASSI |
| 1 Frutto |  | 20 circa | -- | -- |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Spuntino pom |  | CARBO 9.7 | PROT 7 | GRASSI 3 |
| 2 fette integrali |  | 10,4 | 1,8 | 0,8 |
| 50g fesa |  | 0,3 | 8 | 1,5 |
|  | TOT | 10,7 >> +1 | 9,8 >> +3 | 2,3 >> -0,7 |
| 200ml latte scr. |  | 9,8 | 6,6 | 0.02 |
| 5g noci |  | ----- | ----- | 3,6 |
|  | TOT | 9,8 | 6,6 | 3,6 |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Spuntino notte |  | CARBO 9,7 | PROT 7 | GRASSI 3 |
| 100g total 0 fage |  | 4 >> -5 | 10 >> +3 | 0 >> -3 |

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| --- | --- | --- | --- | --- |
| Lun PRANZO |  | CARBO 60 | PROT 42 | GRASSI 18,6 |
| 80g pasta-riso |  | 63 | 10 | 1,9 |
| 150g pollo-tacch |  | 0 | 39 | 1 |
| 200g Verdure |  | -- | -- | -- |
| 15g Olio EVO |  | 0 | 0 | 15 |
|  | TOT | 63 | 49 | 17,9 |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Lun CENA |  | CARBO 40 | PROT 42 | GRASSI 18,6 |
| 80g pane |  | 40 | 5 | 2,5 |
| 250g pesce |  | -- | 37 | 0,41 |
| 200g verdure |  | -- | -- | -- |
| 15g Olio EVO |  | -- | -- | 15 |
|  | TOT | 40 | 42 | 18 |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Mar PRANZO |  | CARBO 60 | PROT 42 | GRASSI 18,6 |
| 200g legumi |  | 33,6 | 13,4 | 4,4 |
| 50g grana |  | -- | 16 | 14 |
| 50g pasta |  | 25 | 4 | 2 |
|  | TOT | 58,6 | 33,4 >> -10 | 20,4 |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Mar CENA |  | CARBO 40 | PROT 42 | GRASSI 18,6 |
| 80g pane |  | 40 | 5 | 2,5 |
| 70g bresaola |  | 2,7 | 31 | 1,9 |
| 20g grana |  | -- | 6,6 | 5 |
| 200g verdura |  | -- | -- | -- |
| 10g Olio EVO |  | -- | -- | 10 |
|  | TOT | 42,7 | 42,6 | 20 |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Mer PRANZO |  | CARBO 60 | PROT 42 | GRASSI 18,6 |
| 80g pasta-riso |  | 63 | 10 | 1,9 |
| 150g pollo-tacch |  | 0 | 39 | 1 |
| 200g Verdure |  | -- | -- | -- |
| 15g Olio EVO |  | 0 | 0 | 15 |
|  | TOT | 63 | 49 | 17,9 |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Mer CENA |  | CARBO 40 | PROT 42 | GRASSI 18,6 |
| 80g pane |  | 40 | 5 | 2,5 |
| 250g pesce |  | -- | 37 | 0,41 |
| 200g verdure |  | -- | -- | -- |
| 15g Olio EVO |  | -- | -- | 15 |
|  | TOT | 40 | 42 | 18 |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Giove PRANZO |  | CARBO 60 | PROT 42 | GRASSI 18,6 |
| 80g pasta |  | 63 | 10 | 1,9 |
| 2uova int. 2 alb. |  | vvv | vvv | vvv |
| 100g fioc. Di lat. |  | 1,5 | 32,1 | 12,9 |
| 200g verdure |  | -- | -- | -- |
|  | TOT | 64,5 | 42,3 | 14,8 |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Giov CENA |  | CARBO 40 | PROT 42 | GRASSI 18,6 |
| 80g pane |  | 40 | 5 | 2,5 |
| 250g pesce |  | -- | 37 | 0,41 |
| 200g verdure |  | -- | -- | -- |
| 15g Olio EVO |  | -- | -- | 15 |
|  | TOT | 40 | 42 | 18 |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Ven PRANZO |  | CARBO 60 | PROT 42 | GRASSI 18,6 |
| 200g legumi |  | 33,6 | 13,4 | 4,4 |
| 50g grana |  | -- | 16 | 14 |
| 50g pasta |  | 25 | 4 | 2 |
|  | TOT | 58,6 | 33,4 >> -10 | 20,4 |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Ven CENA |  | CARBO 40 | PROT 42 | GRASSI 18,6 |
| 80g pane |  | 40 | 5 | 2,5 |
| 150g pollo-tacch |  | 0 | 39 | 1 |
| 200g Verdure |  | -- | -- | -- |
| 15g Olio EVO |  | 0 | 0 | 15 |
|  | TOT | 40 | 44 | 18,5 |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Sab PRANZO |  | CARBO 60 | PROT 42 | GRASSI 18,6 |
| 80g pasta |  | 63 | 10 | 1,9 |
| 250g pesce |  | -- | 37 | 0,41 |
| 200g verdure |  | -- | -- | -- |
| 15g Olio EVO |  | -- | -- | 15 |
|  | TOT | 63 | 47 | 17,3 |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Sab CENA |  |  |  |  |
| Pizza |  |  |  |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Dom PRANZO |  |  |  |  |
| Libero |  |  |  |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Dom CENA |  |  |  |  |
| 50g pane |  | 40 | 5 | 2,5 |
| 200g verdure |  | -- | -- | -- |