

DNEVNIK ISHRANE

DNEVNI UNOS UH 50 PR 240(2gr X 120kg)

| VREME | OBROK   | KOLIČINA | PROTEIN   | UH        | MASTI | KALORIJE |
|-------|---|----------|-----------|-----------|-------|----------|
|       |   |          | Ž.POREKLO | B.POREKLO |       |          |
|       | 7h KARDIO 30min brza šetnja(na prazan stomak) |          |           |           |       |          |
|       | 8h Obrok 1                                    |          |           |           |       |          |
|       | -Tunjevina                                    | 70gr     | 18        | 0         | 0     | 190      |
|       | -Jaje celo                                    | kom. 1   | 13        | 0         | 1     | 167      |
|       | -Ovsene pahuljice/integralna kifla            | 50gr     | 0         | 7         | 34    | 377      |
|       |   |          | 31        | 7         | 35    | 734      |
|       | 10h Obrok 2                                   |          |           |           |       |          |
|       | -Balance                                      | kom. 4   | 12        | 0         |       | 45       |
|       |   |          | 12        | 0         | 0     | 45       |
|       | 12h Obrok 3                                   |          |           |           |       |          |
|       | -Piletina                                     | 150gr    | 32        | 0         | 0     | 174      |
|       | -Salata                                       | 200gr    | 0         | 8         | 8     | 104      |
|       |   |          | 32        | 8         | 8     | 278      |
|       | 14h Obrok 4                                   |          |           |           |       |          |
|       | -Mladi sir 12%mast                            | 150gr    | 19        | 0         | 0     | 72       |
|       | -Omega3 riblje ulje                           |          |           |           |       |          |
|       |   |          | 19        | 0         | 0     | 72       |
|       | 16h Obrok 5                                   |          |           |           |       |          |
|       | -Meso(Piletina,Junetina,Teletina)             | 150gr    | 32        | 0         | 0     | 174      |
|       | -Salata                                       | 200gr    | 0         | 8         | 8     | 104      |
|       |   |          | 32        | 8         | 8     | 278      |
|       | 18h Obrok 6                                   |          |           |           |       |          |
|       | -Tunjevina                                    | 135gr    | 35        | 0         | 0     | 205      |
|       |   |          | 35        | 0         | 0     | 205      |
|       | 20h -Whey sa vodom sa 20gr malt.              |          |           |           |       |          |
|       |   | merica 2 | 50        | 0         | 0     | 260      |
|       |   |          | 50        | 0         | 0     | 260      |
|       | 21h Obrok 7                                   |          |           |           |       |          |
|       | -Tunjevina                                    | 70gr     | 18        | 0         | 0     | 190      |
|       | -Ella sir                                     | 100gr    | 13        | 0         | 0     | 97       |
|       |   |          | 31        | 0         | 0     | 287      |

UKUPNO

242

23

265

PROTEIN

51

UH

84

MASTI

2159

KALORIJE