

## DNEVNIK ISHRANE

## DNEVNI UNOS UH 75 PR 240(2gr X 120kg)

VREME	OBROK	KOLIČINA	PROTEIN	Ž.POREKLO	B.POREKLO	UH	MASTI	KALORIJE
7h KARDIO 30min brza šetnja(na prazan stomak)								
8h Obrok 1								
	-Tunjevina	70gr	18	0	0	0	16	190
	-Jaje celo	kom. 1	13	0	1	1	11	167
	-Ovsene pahuljice/integralna kifla	50gr	0	7	32	3	3	377
			31	7	33	30	734	
10h Obrok 2								
	-belanca	kom. 4	12		0			45
			12	0	0	0	45	
12h Obrok 3								
	-Piletina	150gr	32	0	0	3	174	
	-Integralni pirinač	100gr	0	6	38	1	370	
			32	6	38	4	544	
14h Obrok 4								
	-Mladi sir 12%masti	150gr	19	0	0	18	72	
	-omega3 riblje ulje							
			19	0	0	18	72	
16h Obrok 5								
	-Meso(Piletina,Junetina,Teletina)	150gr	32	0	0	3	174	
	-Salata	200gr	0	8	6	2	104	
			32	8	6	5	278	
18h Obrok 6								
	-Tunjevina	135gr	35	0	0	16	205	
			35	0	0	16	205	
20h -Whey sa vodom sa 20gr malt.								
		merica 2	50	0	0	0	240	
			50	0	0	0	240	
21h Obrok 7								
	-Tunjevina	70gr	18	0	0	16	190	
	-Ella sir	100gr	13	0	0	0	97	
			31	0	0	16	287	
UKUPNO			242	21				
			263		77	89	2405	
			PROTEIN		UH	MASTI	KALORIJE	