

PONEDELJAK

SAT	HRANA	UH	P	M	Kcal
07:00	jaja 3 kom		15	15	200
	omega 3 - 4 kom			4	35
11:00	grejp 1 kom	25			100
	whey 1 merica	2	24	2	110
15:30	carbo boost	25			100
16:00	TRENING - TERETANA				
17:30	whey 2 merice	4	48	4	220
	badem 20gr	4	4	10	115
	orasi 20gr	3	3	13	130
18:30	pilece belo 250gr		75	10	410
	kuvano povrce 250gr	25			100
	maslinovo ulje 20gr			20	180
21:00	whey 1 merica	2	24	2	110
	omega 3 - 4 kom			4	35
		90	193	84	1845

UTORAK

SAT	HRANA	UH	P	M	Kcal
07:00	Ovsene 50gr	33	8	3	200
	whey 1 merica	2	24	2	110
11:00	grejp 1 kom	25			100
	whey 1 merica	2	24	2	110
15:00	pilece belo 250gr		75	10	410
	kuvano povrce 250gr	25			100
	maslinovo ulje 20gr			20	180
18:00	carbo boost	25			100
18:30	TRENING - BASKET				
21:00	pilece belo 250gr		75	10	410
	badem 20gr	4	4	10	115
	orasi 20gr	3	3	13	130
	omega 3 - 4 kom			4	35
		119	213	74	2000

SREDA

SAT	HRANA	UH	P	M	Kcal
07:00	jaja 5 kom		25	25	350
	omega 3 - 4 kom			4	35
11:00	grejp 1 kom	25			100
	whey 1 merica	2	24	2	110
15:30	carbo boost	25			100
16:00	TRENING - TERETANA				
17:30	whey 2 merice	4	48	4	220
	badem 20gr	4	4	10	115
	orasi 20gr	3	3	13	130
18:30	pilece belo 250gr		75	10	410
	maslinovo ulje 20gr			20	180
21:00	whey 1 merica	2	24	2	110
	omega 3 - 4 kom			4	35
		65	203	94	1895

ČETVRTAK

SAT	HRANA	UH	P	M	Kcal
07:00	jaja 3 kom		15	15	200
	parče hleba - 30 grama	15			70
	kikiriki puter - 30 grama	7	8	15	200
	omega 3 - 4 kom			4	35
11:00	grejp 1 kom	25			100
	whey 1 merica	2	24	2	110
14:30	carbo boost	25			100
15:00	TRENING - TERETANA ili KARDIO				
17:30	whey 2 merice	4	48	4	220
	badem 20gr	4	4	10	115
	orasi 20gr	3	3	13	130
18:30	pilece belo 250gr		75	10	410
	maslinovo ulje 20gr			20	180
21:00	whey 1 merica	2	24	2	110
	omega 3 - 4 kom			4	35
		87	201	99	2015

PETAK

SAT	HRANA	UH	P	M	Kcal
07:00	jaja 5 kom		15	15	200
	omega 3 - 5 kom			5	45
11:00	pileci stek 250gr		45	30	470
	whey 1 merica	2	24	2	110
16:00	TRENING - TERETANA				
17:30	whey 2 merice	4	48	4	220
	badem 20gr	4	4	10	115
	orasi 20gr	3	3	13	130
18:30	pileci stek 250gr		45	30	470
21:00	whey 1 merica	2	24	2	110
	omega 3 - 4 kom			4	35
		15	208	115	1905

SUBOTA

SAT	HRANA	UH	P	M	Kcal
07:00	whey 0.5 merica	1	12	1	55
	omega 3 - 5 kom			5	45
08:00	TRENING - KARDIO				
11:00	grejp 1 kom	25			100
	whey 1 merica	2	24	2	110
	parče hleba - 30 grama	15			70
	kikiriki puter - 30 grama	7	8	15	200
15:30	carbo boost	25			100
16:00	TRENING - TERETANA ili KARDIO				
17:30	whey 2 merice	4	48	4	220
	badem 20gr	4	4	10	115
	orasi 20gr	3	3	13	130
18:30	pilece belo 250gr		75	10	410
	kuvano povrce 250gr	25			100
	maslinovo ulje 20gr			20	180
21:00	whey 1 merica	2	24	2	110
	omega 3 - 4 kom			4	35
	parče hleba - 30 grama	15			70
	kikiriki puter - 30 grama	7	8	15	200
		135	206	101	2050

NEDELJA

SAT	HRANA	UH	P	M	Kcal
07:00	Ovsene 50gr	33	8	3	200
	whey 1 merica	2	24	2	110
11:00	grejp 1 kom	25			100
	whey 1 merica	2	24	2	110
15:00	pilece belo 250gr		75	10	410
	kuvano povrce 250gr	25			100
	maslinovo ulje 20gr			20	180
18:00	carbo boost	25			100
18:30	TRENING - BASKET				
21:00	pilece belo 250gr		75	10	410
	badem 20gr	4	4	10	115
	orasi 20gr	3	3	13	130
	omega 3 - 4 kom			4	35
		119	213	74	2000