

MY KETO DIET

Colazione

		Kcal	Pro	Fat	Carb
Tonno	(100g)	198	29.1	8.2	0
Mayo	(15g)	105	0	11.6	0.3
Lattuga	(100g)	17	1.2	0.3	3.3
+4 cps Omega 3	(1.5g)				
+ Caffè					
+ 1 cps Vitamine					

320	30.3	20.1	3.6
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Spuntino 1

Noci	(20g)	123	4.8	11.8	2
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123	4.8	11.8	2
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Pranzo

Cheese	(100g)	412	24.3	35.2	0.1
Uova	(100g)	128	8.6	12.5	0.7
lattuga	(50g)	8	0.6	0.2	1.6
+3 cps Omega 3	(1.5g)				
+Caffè					

538	33.5	47.9	2.4
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Spuntino 2

		Kcal	Pro	Fat	Carb
Whey Pro.	(20g)	76	17.6	0.1	0.7

76	17.6	0.1	0.7
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Cena

Pollo	(200g)	260	36.6	10.4	2.8
Cheese	(60g)	247	14.5	21.1	0
Mayo	(15g)	105	0	11.6	0.3

612	51.1	43.1	3.1
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Spuntino 3

Cheese	(20g)	82	4.8	7	0
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82	4.8	7	0
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	TOT			
Col	320	30.3	20.1	3.6
Spu 1	123	4.8	11.8	2
Pran	538	33.5	47.9	2.4
Spu 2	76	17.6	0.1	0.7
Cen	612	51.1	43.1	3.1
Spu 3	82	4.8	7	0
	1751	112.1	130	11.8

