

		Work Out Day						
		gr	kcal	Carb	Prot	Fat	Fibre	
Ora				gr	gr	gr		
6.15	Colazione	Albumi	200	94	1.6	21.8	4	0
		Crusca	25	70	12	3.5	0.875	6.75
		Fiocchi avena	25	92.25	15.125	3.7	1.89	0
		yogurt 0.1%	100	36	4.3	4.4	0.1	0
		Fetta biscottata	16	60.64	11.072	1.92	0.96	1.2
		Marmellata Hero	20	14.2	3.6	0.14	0.06	0
		Latte p.s.	200	82	9.8	6.4	2	0
		Special K	25	93.5	18.75	3.75	0.375	0.625
					58%	35%	8%	
	Totale		542.59	76.247	45.61	10.26	8.575	
10.00	Spuntino	Pane segale	50	85.5	17.5	2.5	0.5	4.5
		Bresaola	50	87.5	0	17	2.15	0
		Mandorle	15	90.45	0.69	3.3	8.295	1.905
					35%	44%	21%	
	Totale		263.45	18.19	22.8	10.945	6.405	
13.00	Pranzo	Riso thai	60	213	45.6	5.4	0.36	1.14
		Petto pollo	120	116.4	0	26.64	1.08	0
		Olio evo	20	180	0	0	20	0
		Fagioli secchi	50	155.5	25.85	11.8	1.25	8.5
					52%	32%	16%	
	Totale		664.9	71.45	43.84	22.69	9.64	
16.30	Spuntino	Mela	200	90	22	0.4	0.6	4
		Tonno naturale	112	120.064	0	28	0.896	0
		Olio evo	20	180	0	0	20	0
		Arachidi	15	89.55	1.275	4.35	7.5	1.635
					27%	39%	34%	
	Totale		479.614	23.275	32.75	28.996	5.635	
18.30	WO							
19.45	Post WO	Whey protein	25	100	2.5	19.25	1.675	0
		Banana	100	66	15.5	1.2	0.3	1.8
					45%	51%	5%	
	Totale		166	18	20.45	1.975	1.8	
20.30	Cena	Sgombro naturale	90	164.7	0	21.33	8.82	0
		Tofu	50	38	0.35	4.05	2.4	0.6
		Olio evo	10	90	0	0	10	0
					1%	54%	45%	
	Totale		292.7	0.35	25.38	21.22	0.6	
23.00	Spuntino	Fiocchi latte	200	166	2	26	6	0
					6%	76%	18%	
		Totale		166	2	26	6	0
		Totale		2575	210	217	102	33
	kcal	2575						
	Carboidrati	210	40%					
	Proteine	217	41%					
	Grassi	102	19%					
	Fibre	33						