

Breakfast

Latte, 1.5%	122 Kcal	250 ml
Fish oil	30 Kcal	3 softgel
Whey, True, MP Max	157 Kcal	40 g
Crusca, avena	113 Kcal	35 g
Oats, raw	133 Kcal	35 g
<i>555 Kcal</i>		

Lunch

Fish oil	30 Kcal	3 softgel
Olives, black	18 Kcal	0.5 10 small
Pasta, cruda	282 Kcal	80 g
Tonno, all'olio, basso in sale	206 Kcal	2 scatoletta
<i>536 Kcal</i>		

Dinner

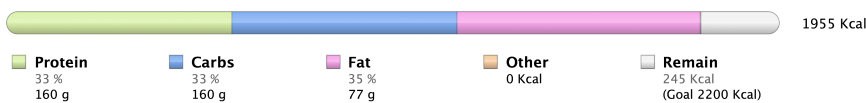
Fish oil	30 Kcal	3 softgel
Pollo, petto, crudo	150 Kcal	150 g
Mayonnaise, regular	180 Kcal	25 g
<i>360 Kcal</i>		

Snacks

Whey, True, MP Max	157 Kcal	40 g
Maltodestrine	95 Kcal	25 g
Yogurt, plain, whole milk	76 Kcal	125 g
Almonds, NFS	115 Kcal	20 g
Cocco, essiccato	60 Kcal	10 g
<i>504 Kcal</i>		

Total

Goal **2200 Kcal**



energy	1955 kcal	alcohol	0 g	luteinPlusZeaxanthin	197 µg	totalFolate	49 µg	phosphorus	1419 mg
protein	160 g	water	550 g	vitaminE	17 mg	dfeFolate	49 µg	potassium	1846 mg
carbohydrate	160 g	cholesterol	147 mg	addedVitaminE	0 mg	folicAcid	0 µg	sodium	777 mg
totalSugars	30 g	vitaminA	232 µg	vitaminK	58 µg	foodFolate	49 µg	zinc	5 mg
totalDietaryFiber	17 g	retinol	229 µg	vitaminC	1 mg	vitaminB12	4 µg	copper	0 mg
totalFat	77 g	alphaCarotene	0 µg	thiamin	1 mg	addedVitaminB12	0 µg	selenium	102 µg
totalMonounsaturatedFattyAcids	25 g	betaCarotene	52 µg	riboflavin	2 mg	calcium	589 mg	caffeine	0 mg
totalPolyunsaturatedFattyAcids	21 g	betaCryptoxanthin	3 µg	niacin	29 mg	iron	7 mg	theobromine	0 mg
totalSaturatedFattyAcids	20 g	lycopene	0 µg	vitaminB6	0 mg	magnesium	179 mg		