

Massa by Zup

| <u>Colazione</u> | 6.00 | Q.ta Gr. | Gr. Carbo | Gr. Prot | Gr. Grassi | Gr. Fibra |
|--------------------------|-------------|-----------------|------------------|-----------------|-------------------|------------------|
| FETTE BISCOTTATE | | 100 | 83 | 11 | 6 | 4 |
| MIELE | | 60 | 48 | 1 | 0 | 0 |
| UOVA DI GALLINA - Albume | | 300 | 3 | 33 | 0 | 0 |
| | | | 134 | 45 | 6 | 4 |

| <u>Spuntino1</u> | 9.00 | Q.ta Gr. | Gr. Carbo | Gr. Prot | Gr. Grassi | Gr. Fibra |
|-------------------------|-------------|-----------------|------------------|-----------------|-------------------|------------------|
| MELE | | 200 | 28 | 0 | 0 | 6 |
| OLIO DI OLIVA | | 10 | 0 | 0 | 10 | 0 |
| TONNO | | 150 | 0 | 33 | 12 | 0 |
| | | | 28 | 33 | 22 | 6 |

| <u>Pranzo</u> | 13.30 | Q.ta Gr. | Gr. Carbo | Gr. Prot | Gr. Grassi | Gr. Fibra |
|----------------------|--------------|-----------------|------------------|-----------------|-------------------|------------------|
| OLIO DI OLIVA | | 10 | 0 | 0 | 10 | 0 |
| POLLO - PETTO | | 200 | 0 | 44 | 2 | 0 |
| RISO | | 120 | 106 | 8 | 1 | 1 |
| | | | 106 | 52 | 13 | 1 |

| <u>Spuntino 17.30</u> | 17.30 | Q.ta Gr. | Gr. Carbo | Gr. Prot | Gr. Grassi | Gr. Fibra |
|------------------------------|--------------|-----------------|------------------|-----------------|-------------------|------------------|
| MELE | | 200 | 28 | 0 | 0 | 6 |
| OLIO DI OLIVA | | 10 | 0 | 0 | 10 | 0 |
| POLLO - PETTO | | 200 | 0 | 44 | 2 | 0 |
| | | | 28 | 44 | 12 | 6 |

| <u>Spuntino pre-wo</u> | 19.00 | Q.ta Gr. | Gr. Carbo | Gr. Prot | Gr. Grassi | Gr. Fibra |
|-------------------------------|--------------|-----------------|------------------|-----------------|-------------------|------------------|
| BANANE | | 200 | 32 | 2 | 0 | 4 |
| YOGHURT (magro alla frutta) | | 125 | 9 | 5 | 0 | 0 |
| | | | 40 | 7 | 0 | 4 |

| <u>Cena</u> | 19.30 | Q.ta Gr. | Gr. Carbo | Gr. Prot | Gr. Grassi | Gr. Fibra |
|--------------------|--------------|-----------------|------------------|-----------------|-------------------|------------------|
| KIWI | | 100 | 9 | 1 | 1 | 2 |
| OLIO DI OLIVA | | 10 | 0 | 0 | 10 | 0 |
| POLLO - PETTO | | 200 | 0 | 44 | 2 | 0 |
| | | | 9 | 45 | 13 | 2 |

| <u>Pre-nanna</u> | 23.00 | Q.ta Gr. | Gr. Carbo | Gr. Prot | Gr. Grassi | Gr. Fibra |
|------------------------------------|--------------|-----------------|------------------|-----------------|-------------------|------------------|
| FIOCCHI DI LATTE VITESSA (Stuffer) | | 200 | 4 | 26 | 9 | 0 |
| | | | 4 | 26 | 9 | 0 |