

		Work Out Day						Cardio Day - 1							
		gr	kcal	Carb	Prot	Fat	Fibre	gr	kcal	Carb	Prot	Fat	Fibre		
Ora															
6.15	Colazione	Albumi	120	56.4	0.96	13.08	2.4	0	Whey protein	20	80	2	15.4	1.34	0
		Fetta biscottata	16	60.64	11.072	1.92	0.96	1.2	Acqua	200					
		Fiocchi avena	30	110.7	18.15	4.44	2.268	0	Nescafe						
		Crusca	30	84	14.4	4.2	1.05	8.1	Fiocchi avena	30	110.7	18.15	4.44	2.268	0
		The	0	0	0	0	0	0	Crusca	30	84	14.4	4.2	1.05	8.1
		Succo arancia	100	39	9	0.7	0	0.6	The		0	0	0	0	0
		Marmellata	40	313.6	18	0.28	0.08	0	Succo arancia	100	39	9	0.7	0	0.6
		Yogurt 0.1%	100	36	4.3	4.4	0.1	0	Yogurt 0.1%	100	36	4.3	4.4	0.1	0
									Marmellata	40	313.6	18	0.28	0.08	0
									Fetta biscottata	16	60.64	11.072	1.92	0.96	1.2
	Totale			700.34	75.882	29.02	6.858	9.9			723.94	76.922	31.34	5.798	9.9
10.00	Spuntino	Pane segale	55	94.05	19.25	2.75	0.55	4.95	Mela	100	45	11	0.2	0.3	2
		Bresaola tacchino	50	89	0.75	18.5	1.25	0	Yogurt greco 0%	170	88.4	6.8	15.3	0	0
		Insalata							Fetta biscottata	16	60.64	11.072	1.92	0.96	1.2
	Totale			183.05	20	21.25	1.8	4.95			194.04	28.872	17.42	1.26	3.2
13.00	Pranzo	Pasta	80	294.4	62.88	10.4	1.92	2.56	Petto tacchino	120	160.8	0.48	26.4	5.88	0
		Verdura							Verdura						
	Totale			294.4	62.88	10.4	1.92	2.56			160.8	0.48	26.4	5.88	0
16.30	Spuntino	Mandorle	40	241.2	1.84	8.8	22.12	5.08	Barretta 40-30-30	25	98.5	9.9	7.375	3.275	1.7
									Tonno naturale	30	32.16	0	7.5	0.24	0
									Fetta biscottata	16	60.64	11.072	1.92	0.96	1.2
		Tonno naturale	80	85.76	0	20	0.64	0	Mela	30	13.5	3.3	0.06	0.09	0.6
	Totale			326.96	1.84	28.8	22.76	5.08			204.8	24.272	16.855	4.565	3.5
18.30	WO														
19.45	Post WO	Whey protein	25	100	2.5	19.25	1.675	0	Latte soia	200	88	6.6	7.2	3.6	0.4
		BCAA							Banana	120	79.2	18.6	1.44	0.36	2.16
		Latte soia	200	88	6.6	7.2	3.6	0.4	Vitamine						
		Banana	120	79.2	18.6	1.44	0.36	2.16	Whey protein	20	80	2	15.4	1.34	0
									BCAA						
	Totale			267.2	27.7	27.89	5.635	2.56			247.2	27.2	24.04	5.3	2.56
20.30	Cena	Petto pollo	150	145.5	0	33.3	1.35	0	Riso thai	100	355	76	9	0.6	1.9
		Verdura							Petto pollo	180	174.6	0	39.96	1.62	0
									Olio evo	10	90	0	0	10	0
		Mela							Verdura						
	Totale			145.5	0	33.3	1.35	0			619.6	76	48.96	12.22	1.9
23.00	Spuntino	Fiocchi latte	200	166	2	26	6	0	Fiocchi latte	200	166	2	26	6	0
		Fette Wasa int.	16	51.2	10.24	1.6	0.24	2.56	Fette Wasa int.	0	0	0	0	0	0
		The verde	150						The verde	150					
	Totale			217.2	12.24	27.6	6.24	2.56			166	2	26	6	0
	Totale			2135	201	178	47	28			2316	236	191	41	21
	kcal	2135								2316					
	Carboidrati	201	47%							236	50%				
	Proteine	178	42%							191	41%				
	Grassi	47	11%							41	9%				
	Fibre	28								21					