

| naminrnica | količina | proteini | uh | masti |
|---------------|----------|------------|--------------|--------------|
| | | | u jelovniku | |
| ovsene | 35 | 4.9 | 23.1 | 2.45 |
| belance | 88 | 14.96 | 0.88 | 0 |
| žumance | 48 | 7.68 | 0 | 15.36 |
| ella sir | | 0 | 0 | 0 |
| whey | 30 | 25.68 | 1.17 | 1.26 |
| pileće grudi | 200 | 46 | 0 | 2 |
| pirinač | 30 | 2.1 | 23.7 | 0.3 |
| ella sir | 50 | 6 | 0.5 | 0.1 |
| whey | 70 | 59.92 | 2.73 | 2.94 |
| pileće grudi | | 0 | 0 | 0 |
| belance | 88 | 14.96 | 0.88 | 0 |
| žumance | 16 | 4.8 | 0 | 5.12 |
| Ukupno | | 187 | 52.96 | 29.53 |

uz drugi i četvrti obrok salate

| naminrnica | količina | proteini | uh | masti |
|---------------|----------|------------|--------------|--------------|
| | | | u jelovniku | |
| ovsene | 35 | 4.9 | 23.1 | 2.45 |
| belance | 88 | 14.96 | 0.88 | 0 |
| žumance | 48 | 7.68 | 0 | 15.36 |
| ella sir | | 0 | 0 | 0 |
| whey | 30 | 25.68 | 1.17 | 1.26 |
| pileće grudi | 200 | 46 | 0 | 2 |
| pirinač | 30 | 2.1 | 23.7 | 0.3 |
| ella sir | 50 | 6 | 0.5 | 0.1 |
| whey | 70 | 59.92 | 2.73 | 2.94 |
| pileće grudi | | 0 | 0 | 0 |
| belance | 88 | 14.96 | 0.88 | 0 |
| žumance | 16 | 4.8 | 0 | 5.12 |
| Ukupno | | 187 | 52.96 | 29.53 |

uz drugi i četvrti obrok salate

| naminrnica | količina | proteini | uh | masti |
|---------------|----------|---------------|--------------|--------------|
| | | | u jelovniku | |
| ovsene | 35 | 4.9 | 23.1 | 2.45 |
| belance | 88 | 14.96 | 0.88 | 0 |
| žumance | 48 | 7.68 | 0 | 15.36 |
| ella sir | | 0 | 0 | 0 |
| whey | 30 | 25.68 | 1.17 | 1.26 |
| pileće grudi | 200 | 46 | 0 | 2 |
| pirinač | 30 | 2.1 | 23.7 | 0.3 |
| ella sir | 50 | 6 | 0.5 | 0.1 |
| whey | | 0 | 0 | 0 |
| pileće grudi | | 0 | 0 | 0 |
| belance | 88 | 14.96 | 0.88 | 0 |
| žumance | 16 | 4.8 | 0 | 5.12 |
| Ukupno | | 127.08 | 50.23 | 26.59 |

uz drugi i četvrti obrok salate

| naminrnica | količina | proteini | uh | masti |
|---------------|----------|------------|--------------|--------------|
| | | | u jelovniku | |
| ovsene | 35 | 4.9 | 23.1 | 2.45 |
| belance | 88 | 14.96 | 0.88 | 0 |
| žumance | 48 | 7.68 | 0 | 15.36 |
| ella sir | | 0 | 0 | 0 |
| whey | 30 | 25.68 | 1.17 | 1.26 |
| pileće grudi | 200 | 46 | 0 | 2 |
| pirinač | 30 | 2.1 | 23.7 | 0.3 |
| ella sir | 50 | 6 | 0.5 | 0.1 |
| whey | 70 | 59.92 | 2.73 | 2.94 |
| pileće grudi | | 0 | 0 | 0 |
| belance | 88 | 14.96 | 0.88 | 0 |
| žumance | 16 | 4.8 | 0 | 5.12 |
| Ukupno | | 187 | 52.96 | 29.53 |

uz drugi i četvrti obrok salate

| naminrnica | količina | proteini | uh | masti |
|---------------|------------|--------------|--------------|--------------|
| | | | u jelovniku | |
| ovsene | 35 | 4.9 | 23.1 | 2.45 |
| belance | 88 | 14.96 | 0.88 | 0 |
| žumance | 48 | 7.68 | 0 | 15.36 |
| ella sir | 30 | 3.6 | 0.3 | 0.06 |
| whey | 30 | 25.68 | 1.17 | 1.26 |
| pileće grudi | 200 | 46 | 0 | 2 |
| pirinač | 30 | 2.1 | 23.7 | 0.3 |
| ella sir | 30 | 3.6 | 0.3 | 0.06 |
| whey | 70 | 59.92 | 2.73 | 2.94 |
| pileće grudi | | 0 | 0 | 0 |
| belance | 88 | 14.96 | 0.88 | 0 |
| žumance | 16 | 4.8 | 0 | 5.12 |
| Ukupno | | 188.2 | 53.06 | 29.55 |

uz drugi i četvrti obrok salate

| naminrnica | količina | proteini | uh | masti |
|---------------|------------|---------------|--------------|--------------|
| | | | u jelovniku | |
| ovsene | 35 | 4.9 | 23.1 | 2.45 |
| belance | 88 | 14.96 | 0.88 | 0 |
| žumance | 48 | 7.68 | 0 | 15.36 |
| ella sir | | 0 | 0 | 0 |
| whey | 30 | 25.68 | 1.17 | 1.26 |
| pileće grudi | 200 | 46 | 0 | 2 |
| pirinač | 30 | 2.1 | 23.7 | 0.3 |
| ella sir | 30 | 3.6 | 0.3 | 0.06 |
| whey | | 0 | 0 | 0 |
| pileće grudi | | 0 | 0 | 0 |
| belance | 88 | 14.96 | 0.88 | 0 |
| žumance | 16 | 4.8 | 0 | 5.12 |
| Ukupno | | 124.68 | 50.03 | 26.55 |

uz drugi i četvrti obrok salate

| naminrnica | količina | proteini | uh | masti |
|---------------|------------|---------------|---------------|--------------|
| | | | u jelovniku | |
| ovsene | 65 | 9.1 | 42.9 | 4.55 |
| belance | 88 | 14.96 | 0.88 | 0 |
| žumance | 48 | 7.68 | 0 | 15.36 |
| ella sir | | 0 | 0 | 0 |
| whey | 30 | 25.68 | 1.17 | 1.26 |
| pileće grudi | 200 | 46 | 0 | 2 |
| pirinač | 200 | 14 | 158 | 2 |
| ella sir | 30 | 3.6 | 0.3 | 0.06 |
| whey | | 0 | 0 | 0 |
| pileće grudi | | 0 | 0 | 0 |
| belance | 88 | 14.96 | 0.88 | 0 |
| žumance | 16 | 32 | 0 | 5.12 |
| Ukupno | | 167.98 | 204.13 | 30.35 |

uz drugi i četvrti obrok salate

| | | | |
|----------|---------|---|--------------|
| kalorije | 8434 | 7 | 1,205 |
| proteini | 1168.94 | 7 | 167 |
| uh | 516.33 | 7 | 74 |
| masti | 201.63 | 7 | 29 |