

Grupi Alklassid Nädala menüü

	Lõunasöök					
	Retsept	Kaal	Energia	Rasvad	Valgud	Süsivesikud
Esmaspäev 12.11.2018	<ul style="list-style-type: none"> • Plov sealihaga • Porgandi - apelsinisaalat • Piim 2.5% (PRIA) • Banaan • Leib 	<ul style="list-style-type: none"> • 250g • 50g • 150g • 100g • 30g 	<ul style="list-style-type: none"> • 316Kcal • 20Kcal • 83Kcal • 88Kcal • 67Kcal 	<ul style="list-style-type: none"> • 9.22g • 0.18g • 3.75g • 0.48g • 0.48g 	<ul style="list-style-type: none"> • 10.65g • 0.39g • 5.1g • 1g • 2.1g 	<ul style="list-style-type: none"> • 47.66g • 4.2g • 7.2g • 20.03g • 13.59g
	Kokku:	580g	574Kcal	14.11g	19.24g	92.68g
Teisipäev 13.11.2018	<ul style="list-style-type: none"> • Hernesupp • Kamavaht • Marjad • Leib • Piim 2.5% (PRIA) 	<ul style="list-style-type: none"> • 300g • 100g • 100g • 30g • 150g 	<ul style="list-style-type: none"> • 357Kcal • 191Kcal • 37Kcal • 67Kcal • 83Kcal 	<ul style="list-style-type: none"> • 11.63g • 1.82g • 0.3g • 0.48g • 3.75g 	<ul style="list-style-type: none"> • 23.95g • 4.27g • 0.5g • 2.1g • 5.1g 	<ul style="list-style-type: none"> • 39.07g • 39.46g • 8g • 13.59g • 7.2g
	Kokku:	680g	735Kcal	17.98g	35.92g	107.32g
Kolmapäev 14.11.2018	<ul style="list-style-type: none"> • Värskekapsa - hakklihahautis • Keedetud kartul • Leib • Keefir (PRIA) • Vahvel • Õun (PRIA) 	<ul style="list-style-type: none"> • 200g • 200g • 30g • 150g • 20g • 100g 	<ul style="list-style-type: none"> • 129Kcal • 151Kcal • 67Kcal • 78Kcal • 72Kcal • 44Kcal 	<ul style="list-style-type: none"> • 6.35g • 0.2g • 0.48g • 3.75g • 0.56g • 0.36g 	<ul style="list-style-type: none"> • 8.93g • 3.19g • 2.1g • 4.8g • 0.64g • 9.9g 	<ul style="list-style-type: none"> • 8.95g • 34.05g • 13.59g • 6.3g • 16.02g • 0.2g
	Kokku:	700g	541Kcal	11.7g	29.56g	79.11g
Neljapäev 15.11.2018	<ul style="list-style-type: none"> • Bors • Marjakissell • Vahukoor • Leib • Piim 2.5% (PRIA) 	<ul style="list-style-type: none"> • 301g • 100g • 100g • 30g • 150g 	<ul style="list-style-type: none"> • 205Kcal • 57Kcal • 343Kcal • 67Kcal • 83Kcal 	<ul style="list-style-type: none"> • 12.46g • 0.15g • 31.5g • 0.48g • 3.75g 	<ul style="list-style-type: none"> • 10.9g • 0.3g • 1.98g • 2.1g • 5.1g 	<ul style="list-style-type: none"> • 12.33g • 13.51g • 12.78g • 13.59g • 7.2g
	Kokku:	681g	755Kcal	48.34g	20.38g	59.41g
Reede 16.11.2018	<ul style="list-style-type: none"> • Makaronid hakklihaga • Peedi - küüslaugusalat • Piim 2.5% (PRIA) • Leib • Mahlatarretis • Õun (PRIA) 	<ul style="list-style-type: none"> • 250g • 50g • 150g • 30g • 100g • 100g 	<ul style="list-style-type: none"> • 513Kcal • 38Kcal • 83Kcal • 67Kcal • 62Kcal • 44Kcal 	<ul style="list-style-type: none"> • 24.91g • 1.56g • 3.75g • 0.48g • 0g • 0.36g 	<ul style="list-style-type: none"> • 16.09g • 0.88g • 5.1g • 2.1g • 1.9g • 9.9g 	<ul style="list-style-type: none"> • 56.02g • 5.06g • 7.2g • 13.59g • 13.5g • 0.2g
	Kokku:	680g	807Kcal	31.06g	35.97g	95.57g

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