

PLAN NUTRICIONAL HOMBRE ADULTO

	DÍA 1	DÍA 2	DÍA 3	DÍA 4	DÍA 5	DÍA 6	DÍA 7
DESAYUNO	Pan integral (100g) Jamón serrano (70g) Tomate (30g) Café (30g) Leche semidesnatada (200ml)	Pan integral (100g) Pavo (70g) Queso fresco (30g) Café (30g) Leche semidesnatada (200ml)	Pan integral (100g) Jamón serrano (70g) Tomate (30g) Café (30g) Leche semidesnatada (200ml)	Pan integral (100g) Pavo (70g) Queso fresco (30g) Café (30g) Leche semidesnatada (200ml)	Pan integral (100g) Jamón serrano (70g) Tomate (30g) Café (30g) Leche semidesnatada (200ml)	Pan integral (100g) Pavo (70g) Queso fresco (30g) Café (30g) Leche semidesnatada (200ml)	<i>Pan integral (100g) Jamón serrano (70g) Tomate (30g) Café (30g) Leche semidesnatada (200ml)</i>
MEDIA MAÑANA	Yogur natural (250g) Muesli (65g) Arándanos (75g)	Batido de aguacate (175g), espinacas (150g) pera (190g)	Yogur natural (250g) Muesli (65g) Arándanos (75g)	Batido de aguacate (175g), espinacas (150g) pera (190g)	Yogur natural (250g) Muesli (65g) Arándanos (75g)	Yogur natural (250g) crema de cacahuete (15g)	<i>Yogur natural (250g) Muesli (65g) Arándanos (75g)</i>

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<p>COMIDA</p>	<p>Gazpacho Tabulé de lentejas Verdura (150g) Hidratos (100g) Proteína (100g) Aove (5g) Ciruelas (130g)</p>	<p>Macarrones con verduras y carne picada de ternera Verdura (150g) Hidratos (100g) Proteína (100g) Proteína (80g) Aove (5g) Manzana (120g)</p>	<p>Garbanzos con espinaca y huevo Verdura (150g) Hidratos (100g) Proteína (100g) Aove (5g) Pera (150g)</p>	<p>Arroz 3 delicias Verdura (150g) Hidratos (100g) Proteína (100g) Aove (5g) Ciruelas (130g)</p>	<p>Muslo de pollo con guisantes Patatas Verdura (150g) Hidratos (100g) Proteína (200g) Aove (5g) Pera (150g)</p>	<p>Ensalada de lentejas con huevo Verdura (150g) Hidratos (100g) Proteína (120g) Aove (5g) Ciruelas (130g)</p>	<p><i>Ensalada mixta con maíz</i> <i>Arroz con salmón</i> <i>Verdura (150g)</i> <i>Hidratos (100g)</i> <i>Proteína (100g)</i> <i>Proteína (80g)</i> <i>Aove (5g)</i> <i>Pera (150g)</i></p>
<p>MERIENDA</p>	<p>Pan integral (90g) Pavo (45g) Aguacate (50g) Fresas (80g)</p>	<p>Yogur natural (250g) Avena (45g) Chocolate negro (30g)</p>	<p>Pan integral (90g) Pavo (45g) Aguacate (50g) Fresas (80g)</p>	<p>Yogur natural (250g) Avena (45g) Chocolate negro (30g)</p>	<p>Pan integral (90g) Pavo (45g) Aguacate (50g) Fresas (80g)</p>	<p>Yogur desnatado (250g) Macedonia de frutas (120g)</p>	<p><i>Yogur desnatado (250g)</i> <i>Macedonia de frutas (120g)</i></p>

