

1.-)

OMS:

$$12.2 \times 54 + 746 = 1404,8$$

$$1378,6 \times 1,2 = 1685,76$$

2.-)

	Kcal	Hidratos de carbono	Proteínas	Grasas
Breakfast:				
Hot Chocolate(200ml)	279 kcal	80 kcal	24 kcal	198 kcal
Toast(100 g)	263 kcal	452 kcal	71,2 kcal	3,6 kcal
	-	-	-	-
Lunch:				
Lentils with chorizo(250g)	943,25 kcal	496,8 kcal	297,6 kcal	577,8 kcal
	-	-	-	-
	-	-	-	-
Snack:				
Strawberries(50 g)	18 kcal	68 kcal	6,4 kcal	5,4 kcal
	-	-	-	-
Diner:				
Burger with cheese(200 g)	541,5 kcal	14,4 kcal	261,4 kcal	779,4 kcal
	-	-	-	-
TOTALI:	2756,25 kcal	1111.2kcal	660,8 kcal	984,25 kcal

3.-)

	Kcal	Proteínas	Hidratos de Carbono	Grasas
Breakfast				
Glass of milk(200 ml)	158 kcal	24 kcal	80 kcal	27 kcal
Apple(100g)	58 kcal	1,2 kcal	60,8 kcal	1.8 kcal
Toast (100 g)	228 kcal	29,8 kcal	226 kcal	1.8 kcal
Snack				
Banana (150g)	127,5 kcal	7,4 kcal	133,3 kcal	2,7 kcal
Lunch				
Salmon (300 g)	297 kcal	203,4 kcal	-	52,11 kcal
Potatos (200g)	152 kcal	24,8 kcal	128,8 kcal	1,8 kcal
Two oranges(200 g)	84 kcal	6,4 kcal	84 kcal	3,6 kcal
Snack				
Strawberries(100 g)	36 kcal	3,2 kcal	34 kcal	2,7 kcal
Dinner				
Turkey(150g)	402 kcal	160 kcal	3 kcal	271,35 kcal
Kiwi (100 g)	53 kcal	3,2 kcal	43,2 kcal	5,4 kcal
Yogurt (100g)	34.5kcal	14,4 kcal	17,6 kcal	0.45 kcal
Tomato (50g)	11 kcal	2,2 kcal	9,4 kcal	4,95 kcal
TOTAL:	1641 kcal	480 kcal	820 kcal	375 kcal