

	ALIMENTOS	PROT/GORD	CARB.	TOTAIS:
Pós-aeróbico	30g whey 50g batata-doce 50g aveia 40g iogurte	24g/1g 1g/1g 7g/3g 1g/0g	2g 14g 34g 7g	120kl 63kl 190kl 30kl
Café da Manhã	1 sanduiche 2 ovos 1 café c/leite desnatado	12g/12g 10g/5g	2g 12g	160kl 120kl
10:00	2 ovos 6 bolachas Café preto 1 banana	12g/12 6g/3g 0/0 1g/0g	2g 30g 0g 20g	160kl 120kl 5kl 72kl
12:00	3col. Arroz 2 col. Feijão 60g massa 100g peito frango Saladas	2g/0g 4g/0g 5g/0g 31g/0g	20g 9g 35g 0g	83kl 50kl 170kl 165kl
Pós-treino	40g whey 50g malto 5g creatina	31g/2g 0g/0g 0/0	2g 48g 0g	160kl 200kl 0/0
15:00	3 ovos(3clara-2ge ma) 1 maçã 6 bolachas 50g aveia	18g/12g 0/0 6g/0g 7g/3g	4g 15g 30g 34g	200kl 60kl 120kl 190kl
18:00	1 sanduiche(sem queijo) Batida(1 banana+200ml leite)	10g/5g 10g/5g	35g 30g	200kl 190kl

9:00	30g Albumina+20g Malto	24g/1g	18g	220kl
11:20	50g mamão 30g albumina 45g iogurte 40g aveia 15ml oliva 1ml: linhaça, ômega3, lecticina de soja, vitamina C, coco, alho.	0/0 24g/2g 1g/0g 7g/3g 0g/15g 0g/1g 0g/1g 0g/1g 0g/1g 0g/1g	8g 1g 7g 34g 0g 0g 0g 0g 0g 0g	30kl 120kl 30kl 190kl 150kl 10kl 10kl 10kl 10kl 10kl
Calorias- Carboidratos- Gorduras- Proteínas-				3630calorias 453carboidrato 84g Gordura 254g proteínas