

# Diet

## Jimmy

| Frukost | Avocadomacka                  | 200kcal   |
|---------|-------------------------------|-----------|
| Tid     | Ingredienser                  | kcal      |
| 09:00   | ½st Avocado<br>1st Wasa Sport | 150<br>50 |

| Lunch | Kycklingwok  | 2400kcal  |
|-------|--|---|
| Tid   | Ingredienser   | kcal  |
| 12:00 | 300g Kyckling<br>750g Blomkålsris<br>300g Champinjoner<br>300g Broccoli<br>300g Haricots Verts<br>250g Lök<br>2st Paprika<br>½dl Olja<br>kryddor/soja/etc. | 1000<br>150<br>100<br>100<br>100<br>100<br>100<br>100<br>450<br>300 |



Delas på 6 dagar

**Kryddor:** Kikkoman, buljong, koriander, lökpulver, ingefära, peppar

| Mellanmål | Avocadomacka                  | 200kcal   |
|-----------|-------------------------------|-----------|
| Tid       | Ingredienser                  | kcal      |
| 15:00     | ½st Avocado<br>1st Wasa Sport | 150<br>50 |

## Jesper

| Frukost | Äggröra                             | 450kcal                  |
|---------|-------------------------------------|--------------------------|
| Tid     | Ingredienser                        | Kolhydrater (1g)<br>kcal |
| 09:00   | 2st Ägg<br>25g Cheddar<br>½ Avocado | 200<br>150<br>50         |

| Lunch | Kycklingwok   | 2400kcal  |
|-------|---|---|
| Tid   | Ingredienser  | kcal  |
| 12:00 | 300g Kyckling<br>750g<br>Blomkålsris<br>300g<br>Champinjoner<br>300g Broccoli<br>300g Haricots<br>Verts<br>250g Lök<br>2st Paprika<br>½dl Olja<br>kryddor/soja/etc. | 1000<br>150<br>100<br>100<br>100<br>100<br>100<br>100<br>450<br>300 |



Delas på 6 dagar

**Kryddor:** Kikkoman, buljong, koriander, lökpulver, ingefära, peppar

| Mellanmål | Avocadomacka                  | 200kcal   |
|-----------|-------------------------------|-----------|
| Tid       | Ingredienser                  | kcal      |
| 15:00     | ½st Avocado<br>1st Wasa Sport | 150<br>50 |

| Middag | Tonfisksallad   | 1050kcal   |
|--------|---|--|
| Tid    | Ingredienser  | kcal   |
| 18:00  | 1burk Tonfisk (i vatten)<br>100g Pasta<br>100g Creme<br>Fraiche<br>50g<br>Bladspenat<br>50g Ruccola<br>100g Tomat<br>100g Rödlök<br>Kryddor | 200<br>400<br>300<br>20<br>20<br>150<br>100<br>150 |

**Totalt Intag/Dag:**  
30g Kolhydrater /  
2000kcal

| Middag              | Tonfisksallad          | 760kcal |
|---------------------|------------------------|---------|
| Tid                 | Ingredienser           | kcal    |
| 18:00               | <b>Tonfiskröra</b>     |         |
|                     | ½burk Tonfisk (i olja) | 200     |
|                     | 75g Creme Fraiche      | 250     |
|                     | 100g Rödlök            | 50      |
|                     | kryddor/soja/etc.      | 100     |
|                     | <b>Sallad</b>          |         |
|                     | 1st Tomat (medel)      | 50      |
| 50g Sallad (valfri) | 10                     |         |
|                     | 1st Ägg                | 100     |

| Kvällsmål | Tonfiskmacka          | 50kcal |
|-----------|-----------------------|--------|
| Tid       | Ingredienser          | kcal   |
| 21:00     | Tonfiskröra (se ovan) | x      |
|           | 1st Wasa Sport        | 50     |

**Totalt Intag/Dag:** 1500-1600kcal

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