



Healthy Meal

By Alexandra Flaminzeanu

Rovi's

HEALTHY FOOD

EAT WELL, FEEL WELL, LIVE WELL

ROVI'S HEALTHY MEAL By Alexandra Flaminzeanu

1. MENIU CU PIEPT DE PUI 320 KCAL	Piept de pui la gratar/ orez / salata verde Proteina 27,6g/ carbohidrati 42g/ grasimi 5g	360g	27 LEI
2. MENIU CU FICATEI DE PUI 350 KCAL	Ficatei la gratar/ cartofi nature cu usturoi / salata de varza Proteina 18,6g/ carbohidrati 28,8g/ grasimi 10g	300g	27 LEI
3. MENIU CU SOMON 440 KCAL	Somon la gratar/ orez / broccoli Proteina 36g/ carbohidrati 36g/ grasimi 12g	300g	57 LEI
4. SALATA CU TON SI SFECLA ROSIE 500 KCAL	Orez/ ton / sfecla rosie / morcov / sos de iaurt Proteina 29g/ carbohidrati 60g/ grasimi 11,5g	420g	32 LEI
5. PASTE CU CREVETI SI DOVLECEL 520 KCAL	Penne/ creveti / dovlecel / parmezan Proteina 34g/ carbohidrati 50g/ grasimi 21g	230g	43 LEI
6. LIPIE CU HUMMUS 408 KCAL	Lipie/ hummus / piept de pui / porumb/ ardei / salata Proteina 22,4g/ carbohidrati 62g/ grasimi 7,5g	200g	27 LEI
7. LIPIE CU AVOCADO SI BRANZA FETA 550 KCAL	Avocado/ jambon / feta / susan negru / ardei / rosii cherry Proteina 25g/ carbohidrati 65g/ grasimi 19g	275g	39 LEI
8. SALATA CU PUI 440 KCAL	Salata/ piept de pui / porumb / ardei / avocado / rosii cherry / fasole rosie / parmezan Proteina 35g/ carbohidrati 36,7g/ grasimi 18,8g	455g	56 LEI
9. SALATA CU BRANZA FETA SI NUCI 575 KCAL	Rucola/ feta / miez de nuca / portocala / morcov / sos iaurt Proteina 26g/ carbohidrati 31g/ grasimi 41g	405g	42 LEI
10. SALATA FRESH 470 KCAL	Salata / mazare / castravete / rosii cherry / hummus / susan negru / crutoane Proteina 16g/ carbohidrati 75g/ grasimi 12,5g	470g	32 LEI

