

		CAL	PROT	UH	MASTI
<b>DORUCA</b>	100g sardine	217.00	23.70	0.00	13.60
	150g zelene salate	21.00	1.65	3.30	0.15
<b>UZINA I</b>	1 jabuka	46.00	0.30	11.90	0.00
	75g oraha	397.00	7.95	3.75	38.62
<b>RUCAK</b>	150g skuse	276.00	28.50	0.00	18.00
	80g pasulja	217.00	17.12	36.40	1.28
<b>UZINA II</b>	100g sargarepe	36.00	1.00	8.00	0.00
<b>VECERA</b>	80g pasulja	217.00	17.12	36.40	1.28
<b>DORUCA</b>	100g belog mesa	116.00	21.80	0.00	3.20
	50g sira	48.00	7.00	1.50	1.50
	30g ind.oraha	195.00	4.74	2.64	18.42
	150g zelene salate	21.00	1.65	3.30	0.15
<b>UZINA I</b>	jabuka	46.00	0.30	11.90	0.00
	100g kikirikija	570.00	24.30	8.60	49.00
<b>RUCAK</b>	100g belog mesa	116.00	21.80	0.00	3.20
	150g spanaca	18.00	3.00	1.50	0.00
	150g pita s jabukama	484.00	4.60	65.43	23.49
<b>UZINA II</b>	150g pita s jabukama	484.00	4.60	65.43	23.49
<b>VECERA</b>	100g pilece dzigerice	128.00	22.00	1.00	4.00
	40g hleba	82.00	2.80	16.00	0.80
	50g sira	48.00	7.00	1.50	1.50
	150g zelene salate	21.00	1.65	3.30	0.15
<b>DORUCA</b>	1 jaje	45.00	3.90	0.00	3.30
	150g zelene salate	21.00	1.65	3.30	0.15
<b>UZINA I</b>	200ml jogurta	68.00	6.40	8.00	1.00
	1 banana	89.00	1.09	22.84	0.33
	50g jagoda	13.00	0.30	3.10	0.00
<b>RUCAK</b>	150g mlev.mesa	170.00	31.95	0.00	4.65
	100ml kiselog mleka	61.00	3.30	4.70	3.30
<b>UZINA II</b>	150g pita s jabukama	484.00	4.60	65.43	23.49
<b>VECERA</b>	1 jabuka	46.00	0.30	11.90	0.00
	1 banana	89.00	1.09	22.84	0.33
	200ml jogurta	68.00	6.40	8.00	1.00
<b>DORUCA</b>	150g zelene salate	21.00	1.65	3.30	0.15
	1 jaja	45.00	3.90	0.00	3.30
<b>UZINA I</b>	200ml jogurta	68.00	6.40	8.00	1.00
	80g ovsenih	154.00	3.45	27.75	3.25
<b>RUCAK</b>	150g spanaca	18.00	3.00	1.50	0.00
	150g celera	34.00	2.85	5.70	0.15
	120g svinj.mesa	193.00	24.00	0.00	10.80
<b>UZINA II</b>	1 kivi	24.00	0.60	5.40	0.00
	1 banana	89.00	1.09	22.84	0.33
	50g jagoda	13.00	0.30	3.10	0.00
<b>VECERA</b>	100g belog mesa	116.00	21.80	0.00	3.20
	150g spanaca	0.00	0.00	0.00	0.00

<b>DORUCA</b>	200ml jogurta	68.00	6.40	8.00	1.00
	1 jaje	45.00	3.90	0.00	3.30
	50g oraha	264.00	5.30	2.50	25.75
	50g sira	48.00	7.00	1.50	1.50
<b>UZINA I</b>	whey	120.00	1.00	20.00	1.00
<b>RUCAK</b>	40g pirinca	140.00	2.80	31.20	0.40
	100g junetine	113.00	21.30	0.00	3.10
	100g sampinjona	16.00	2.30	1.00	0.40
<b>UZINA II</b>	kivi	24.00	0.60	5.40	0.00
	jabuka	46.00	0.30	11.90	0.00
<b>VECERA</b>	NISTA	0.00	0.00	0.00	0.00
<b>DORUCA</b>	1 jaje	45.00	3.90	0.00	3.30
	50g oraha	264.00	5.30	2.50	25.75
	50g sira	48.00	7.00	1.50	1.50
<b>UZINA I</b>	banana	89.00	1.09	22.84	0.33
	jabuka	46.00	0.30	11.90	0.00
<b>RUCAK</b>	150g skuse	276.00	28.50	0.00	18.00
	150g zelene salate	21.00	1.65	3.30	0.15
<b>UZINA II</b>	NISTA	0.00	0.00	0.00	0.00
<b>VECERA</b>	100g juneceg mesa	113.00	21.30	0.00	3.10
	100g sampinjona	16.00	2.30	1.00	0.40
	150g zelene salate	21.00	1.65	3.30	0.15
<b>DORUCA</b>	50g oraha	264.00	5.30	2.50	25.75
	2 jaja	90.00	7.80	0.00	6.60
	200ml jogurta	68.00	6.40	8.00	1.00
<b>UZINA I</b>	banana	89.00	1.09	22.84	0.33
	1 kivi	24.00	0.60	5.40	0.00
	100g ananasa	46.00	0.50	11.60	0.00
<b>RUCAK</b>	100g belog mesa	116.00	21.80	0.00	3.20
	80g pasulja	217.00	17.12	36.40	1.28
	100g kupusa	22.00	1.90	3.80	0.10
<b>UZINA II</b>	50g jagoda	13.00	0.30	3.10	0.00
	150g tikvice	22.00	1.95	3.45	0.15
	banana	89.00	1.09	22.84	0.33
<b>VECERA</b>	120g svinjskog mesa	193.00	24.00	0.00	10.80
	150g celera	34.00	2.85	5.70	0.15