

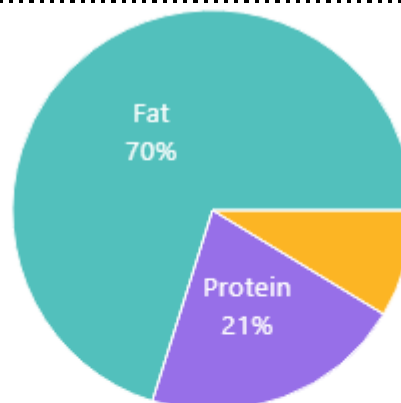


## Dieta Ketogeniczna 2500 kcal

| Posiłek   | Białko | Węglowodany | tłuszcz | kalorie   |
|-----------|--------|-------------|---------|-----------|
| Śniadanie | 24.9   | 5.6         | 70      | 741       |
| Przekąska | 40.2   | 36          | 60.5    | 791       |
| Obiad     | 71.1   | 14.4        | 70.1    | 974.1     |
| Ilość (g) | 136.3  | 56          | 200.6   | 2506 kcal |

### Śniadanie:

- 3 duże jajka całe
- 2 łyżki stołowe masła
- pół łyżki stołowej śmietany 36%
- 2 plasterki bekonu
- 30 g orzechów włoskich/brazylijskich/pec



### Lunch:

- puszka tuńczyka w sosie własnym
- łyżeczka soku z cytryny
- pieprz sól
- 2 duże awokado
- łyżka oliwy z oliwek

### Obiad:

- 4 średnie uda z kurczaka (nie udka!)
- 2 cienkie plastry boczku
- ¼ szklanki bulionu z kurczaka
- 250 g szparagów
- 2 cebule szalotki
- ½ małego kabaczka
- sól/pieprz do smaku

### CURRENT TOTALS

|             |        |
|-------------|--------|
| Calories    | 2506   |
| Carbs       | 55.9g  |
| Fat         | 200.7g |
| Protein     | 136.3g |
| Fiber       | 36.2g  |
| Net carbs   | 19.8g  |
| Sodium      | 1545mg |
| Cholesterol | 1076mg |

### TARGETS [Edit](#)

|          |             |
|----------|-------------|
| Calories | 2500        |
| Carbs    | 125g - 56g  |
| Fat      | 167g - 236g |
| Protein  | 94g - 188g  |

|             |        |      |
|-------------|--------|------|
| Fiber       | 36.2g  | 25 g |
| Net carbs   | 19.8g  | -    |
| Sodium      | 1545mg | -    |
| Cholesterol | 1076mg | -    |



**Detailed Nutrition Info:**

**Fiber:** 36.2g  
145%

**Sodium:** 1545.4mg  
65%

**Potassium:** 4161mg  
N/A

**Cholesterol:** 1075.8mg  
N/A

**Sugars**  
**Sugar:** 11.6g  
N/A

**Sucrose:** 2.4g  
N/A

**Glucose:** 4.2g  
N/A

**Fructose:** 3.5g  
N/A

**Lactose:** 0g  
N/A

**Maltose:** 0g  
N/A

**Galactose:** 0.4g  
N/A

**Starch:** 0.6g  
N/A

**Fats**  
**Saturated fats:** 52.7g  
N/A

**Monounsaturated fats:**  
96.1g  
N/A

**Polyunsaturated fats:**  
33.5g  
N/A

**Trans fats:** 1.3g  
N/A

**Fatty Acids**  
**Total omega 3:** 1.8g  
N/A

**Total omega 6:** 17.3g  
N/A

**ALA:** 1.3g  
N/A

**DHA:** 0.4g  
N/A

**EPA:** 0.1g  
N/A

**DPA:** 0g  
N/A

**Vitamins and Minerals**  
**Caffeine:** 0mg  
N/A

**Theobromine:** 0mg  
N/A

**Calcium:** 308.4mg  
31%

**Choline:** 798.3mg  
146%

**Copper:** 2mg  
98%

**Fluoride:** 66.1µg  
N/A

**Folate (B9):** 578.4µg  
145%

**Iron:** 16.8mg  
210%

**Lycopene:** 0.2µg  
N/A

**Magnesium:** 331.3mg  
95%

**Manganese:** 2.7mg  
134%

**Niacin:** 46.1mg  
231%

**Phosphorus:** 1628.1mg  
163%

**Retinol:** 549.7µg  
N/A

**Riboflavin (B2):** 2.4mg  
139%

**Selenium:** 250.8µg  
359%

**Thiamine:** 1.3mg  
85%

**Alpha carotene:** 117µg  
N/A

**Beta carotene:** 1573.7µg  
N/A

**Pantothenic acid:** 10.1mg  
N/A

**Vit A:** 689.6µg  
77%

**Vit A IU:** 4662.8IU  
N/A

**Vit B6:** 3.8mg  
289%

**Vit B12:** 8.1µg  
340%

**Vit C:** 74.7mg  
125%

**Vit D:** 6µg  
40%

**Vit D IU:** 235.6IU  
N/A

**Vit D2:** 0µg  
N/A

**Vit D3:** 6µg  
N/A

**Vit E:** 15.3mg  
77%

**Vit K:** 256.1µg  
214%

**Zinc:** 13.9mg

93%

**Amino Acids**  
**Tryptophan:** 1.5g  
N/A

**Threonine:** 5.7g  
N/A

**Isoleucine:** 6g  
N/A

**Leucine:** 10.6g  
N/A

**Lysine:** 11g  
N/A

**Methionine:** 3.6g  
N/A

**Cystine:** 1.7g  
N/A

**Phenylalanine:** 5.5g  
N/A

**Tyrosine:** 4.6g  
N/A

**Valine:** 6.8g  
N/A

**Arginine:** 8.8g  
N/A

**Histidine:** 3.6g  
N/A

**Alanine:** 7.9g  
N/A

**Aspartic acid:** 14.1g  
N/A

**Glutamic acid:** 20g  
N/A

**Glycine:** 6.9g  
N/A

**Proline:** 5.7g  
N/A

**Serine:** 6.2g  
N/A

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