

20 GR BJELANČEVINA / 20 GR PROTEIN



PILETINA ILI PURETINA
CHICKEN OR TURKEY
90 GR / 95 kcal



JAJA – 5 BJELANJAKA
EGG – 5 WHITES
180 GR / 95 kcal



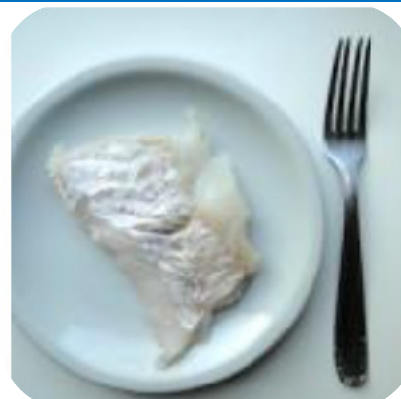
JAJA – 3 CIJELA
EGG – 3 WHOLE
160 GR / 225 kcal



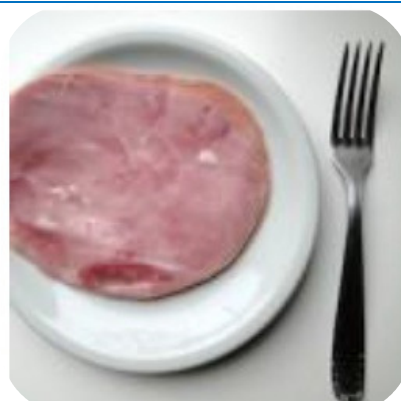
TUNJEVINA KONZERVA (bez ulja)
TUNA CAN (no oil)
80 GR / 85 kcal



LOSOS ili TUNA FILET
SALMON or TUNA STEAK
100 GR / 235 kcal



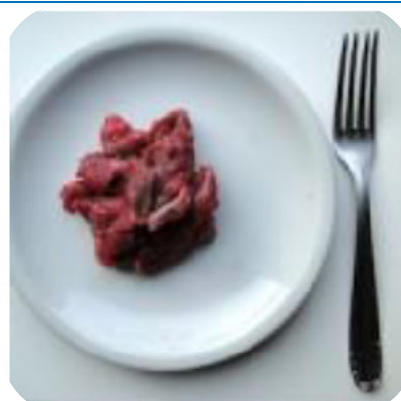
OSLIĆ - BRANCIN (BIJELA RIBA)
HAKE – SEA BASS (WHITE FISH)
140 GR / 101 kcal



ŠUNKA ILI PRŠUT (nemasno)
HAM (non fat)
125 GR / 150 kcal



MLJEVENO MESO (malo masno)
MINCED MEAT (less fat)
105 GR / 190 kcal



GOVEDINA (nemasna)
BEEF (lean)
100 GR / 131 kcal



POSNI ILI ZRNATI SIR
FRESH OR COTTAGE CHEESE
180 GR / 160 kcal



GRČKI JOGURT (bijeli nemasni)
GREEK YOGURT (white nonfat)
200 GR / 110 kcal



JOGURT (tekući, obični)
YOGURT (plain, nonfat)
400 GR / 150 kcal



FETA SIR
FETA CHEESE
120 GR / 200 kcal



TOFU (sir od soje)
TOFU (soy cheese)
170 GR / 190 kcal



TEMPEH (fermentirani sojin sir)
TEMPEH (fermented soy cheese)
103 GR / 207 kcal



SARDINE – HARINGE
SARDINES - HERRING
90 GR / 175 kcal



SEITAN (pšenična zamjena za meso)
SEITAN (wheat substitute for meat)
76 GR / 110 kcal



GLJIVE (RAZNE VRSTE)
MUSHROOMS (VARIOUS)
660 GR / 180 kcal



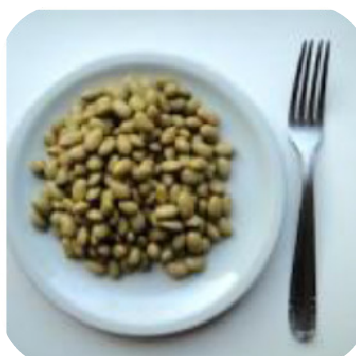
ŠKOLJKE (razne)
SEASHELL (various)
120 GR / 91 kcal



DAGNJE (meso)
MUSSELS (meat)
190 GR / 130 kcal



ŠKAMPI - KOZICE
PRAWN - SHRIMP
75 GR / 100 kcal



SOJA (kuhana)
SOY (cooked)
185 GR / 204 kcal



GRAH (crni ili crveni)
BEANS (dark sorts)
250 GR / 240 kcal



LEĆA (kuhana)
LENTILS (cooked)
235 GR / 228 kcal



BADEMI
ALMONDS
95 GR / 540 kcal



MOZZARELLA SIR
MOZZARELLA CHEESE
120 GR / 170 kcal



SOJINO MLIJEKO
SOY MILK
500 GR / 175 kcal



QUINOA (žitarica)
QUINOA (cereal)
400 GR / 500 kcal



SUNCOKRETOVE – BUČINE SJEMENKE
SUNFLOWER – PUPPKIN SEEDS
80 GR / 450 kaorija



F1 SHAKE (2 žlice praha u mlijeku)
F1 SHAKE (2 scoops powder w/milk)
250 ML / 220 kcal