

# Примеры рациона

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# Пример здорового рациона

Многие может не видели это, не пугайтесь столько кол-ва продуктов которые нужно совмещать, их можно уместить в 3 "Супер Блюда"

1. Салат - Крестоцветные (Желательно брокколи), сладкий красный перец, морковь, зелень, молотые семена льна и сверху выжать лимон. Одно блюдо, а закрыли 4 бокса
2. Каша - овсянка, ягоды, замоченные орехи и фрукты (Банана и киви хватит)
3. Просто бобовые. Красная чечевица + специи имбиря и куркумы

Все, теперь вы доживете до 150 лет.

Ну и по мелочам 1. 45 мин кардио (60-70% от МСС. Если вам 20 лет, пульс 120-140) или 90 мин ходьбы 2. 2 литра воды 3. B12 + Д3 и все у вас есть фундамент здоровья

**Dr. Greger's Daily Dozen** NutritionFacts.org

Everything we should ideally strive to fit into our daily routine for optimal health and longevity.

Item	Servings	Examples
<b>BEANS</b>	3 per day	130g cooked beans, 60g hummus
<b>BERRIES</b>	1 per day	60g fresh or frozen, 40g dried
<b>FRUITS</b>	3 per day	1 medium fruit, 40g dried fruit
<b>CRUCIFEROUS</b>	1 per day	30-80g chopped, 1 tbs horseradish
<b>GREENS</b>	2 per day	60g raw, 90g cooked
<b>VEGETABLES</b>	2 per day	50g nonleafy vegetables
<b>FLAXSEED</b>	1 per day	1 tablespoon ground
<b>NUTS</b>	1 per day	30g nuts, 2 tbs nut butter
<b>GRAINS</b>	3 per day	100g hot cereal, 1 slice of bread
<b>SPICES</b>	1 per day	1/4 teaspoon turmeric
<b>EXERCISE</b>	Once per day	90 min. moderate or 40 min. vigorous
<b>BEVERAGES</b>	1750ml per day	water, green tea, hibiscus tea

Download Dr. Greger's Daily Dozen app and start tracking your daily servings right now.

Don't forget about these two essential vitamins:

- VITAMIN B12**: 2500 mcg cyanocobalamin once a week
- VITAMIN D**: For those getting inadequate sun 2000 IUs of D3 a day

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Автор заметки: Snayckers#8484



# Рационы от Глеба

ADD FOOD

ADD EXERCISE

ADD BIOMETRIC

ADD NOTE

Description	Amount	Unit	Calories
Spring Water	3000	g	0
Oat Milk	250	g	133.74
Granola, Homemade	160	g	687.73
Brazil Nuts, Unsalted	1	each	31.14
Pistachio Nuts, Raw	20	g	112
Odwalla, Superfood Bar, Original Superfood	1	bar - each 2 oz	189.76
Veganicity, B12 1000ug	1	tablet	0
Natures Plus, Hema-Plex, Tablets	1	Tablet	0
Nature's Bounty, Vitamin D3, 5000 IU	1	softgel	0
Magne-B6, Max	1	× 2 tablets	0
Odwalla, Superfood Bar, Original Superfood	0.5	bar - each 2 oz	94.88
Walnuts	2	half	26.49
Hemp Seeds, Hulled	10	g	55.3
Potato Dumpling, Kartoffelkloesse	70	g	85.22
Kidney Beans, Canned, Drained	450	g	558
Kiwi Fruit, Green	1	each - 2" diameter	42.09
Now, Biotin 5000 mcg	1	Capsule	0
Now, Choline & Inositol	2	Capsule	0
Bananas, Raw	2	medium - 7" to 7 7/8" long	210.04
Avocado, Green Skin, Florida Type	120	g	144
Oat Milk	250	g	133.74
Now Foods, Pea Protein	2	oz	223.36
Lentils, Pink or Red, Raw	150	g	537
Grapefruit, Raw, Pink or Red	1	cup, sections	96.6

Calories Summary

3361 kcal

CONSUMED

2593 kcal

BURNED

-519

Calories Remaining

BUDGET

Macronutrient Targets

Energy

3361 kcal / 2729 kcal (123%)

Protein

168.6 g / 130.0 g (129%)

Net Carbs

416.5 g / 130.0 g (320%)

Fat

92.1 g / 65.0 g (141%)

СМУЗИ

Description	Amount	Unit	Calories
🍏 Spring Water	3000	g	0
🍏 M&S, Vegetable CousCous	430	g	661.31
🍏 Grapefruit, Raw, Pink or Red	1	small - 3 1/2" diameter	84
🍏 Brazil Nuts, Unsalted	1	each	31.14
🍏 Bananas, Raw	1	medium - 7" to 7 7/8" long	105.02
💜 Natures Plus, Hema-Plex, Tablets	1	Tablet	0
💜 Magne-B6, Max	1	× 2 tablets	0
💜 Nature's Bounty, Vitamin D3, 5000 IU	1	softgel	0
🍏 Potato, Boiled with Skin	3	medium - 2 1/4" to 3 1/4" diameter	456
🍏 Mixed Vegetables, Broccoli, Cauliflower and Carrots	200	g	49.57
🍏 Kidney Beans, Canned, Drained	100	g	124
🍏 Avocado, Green Skin, Florida Type	150	g	180
🍏 Odwalla, Superfood Bar, Original Superfood	1	bar - each 2 oz	189.76
💜 Now, Choline & Inositol	2	Capsule	0
💜 Now, Biotin 5000 mcg	1	Capsule	0
💜 Deva, Vegan Omega 3 DHA-EPA, Algae	2	capsule	10
🍏 Bananas, Raw	1	medium - 7" to 7 7/8" long	105.02
🍏 Avocado, Green Skin, Florida Type	70	g	84
🍏 Oat Milk	250	g	133.74
🍏 Cherries, Sweet, Raw	40	g	25.2
🍏 Pistachio Nuts, Roasted, Salted	30	each	98.84
💜 Now Foods, Pea Protein	1	oz	111.68
🍏 Lentils, Pink or Red, Raw	120	g	429.6
🍏 Walnuts	30	g	196.2
💜 Functional Nutrition, Iodine From Kelp	1	tablet	0

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#### Calories Summary



#### Macronutrient Targets



Description	Amount	Unit	Calories
 Spring Water	3000	g	0
 Granola, Homemade	150	g	644.75
 Brazil Nuts, Unsalted	1	each	31.14
 Oat Milk	250	g	133.74
 Kiwi Fruit, Green	1	each - 2" diameter	42.09
 Pistachio Nuts, Raw	30	g	168
 Veganicity, B12 1000ug	1	tablet	0
 Now, Zinc Picolinate	1	capsule	0
 Bananas, Raw	1	medium - 7" to 7 7/8" long	105.02
 Avocado, Green Skin, Florida Type	60	g	72
 Oat Milk	200	g	106.99
 Blueberry, Raw	40	g	22.8
 Pistachio Nuts, Raw	30	g	168
 Kiwi Fruit, SunGold	1	each	51.03
 Now Foods, Pea Protein	1	oz	111.68
 Natural Factors, Vitamin D3, 1000 IU	2	tablet	0
 Magne, B6	1	tablet	0
 Lentils, Pink or Red, Raw	200	g	716
 Carrots, Raw	2	medium - 6" to 7" long	50.02
 Red Bell Peppers, Cooked	1	large - 3" diameter x 3 3/4"	43.96
 Avocado, Green Skin, Florida Type	1	each	364.8
 Hemp Seeds, Hulled	30	g	165.9
 Walnuts	30	g	196.2
 Now, Biotin 5000 mcg	1	Capsule	0
 Now, Choline & Inositol	2	Capsule	0
 Deva, Vegan Omega 3 DHA-EPA, Algae	2	capsule	10
 Salt	3	g	0

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#### Calories Summary



#### Macronutrient Targets

Energy	3204 kcal / 2729 kcal (117%)
Protein	135.7 g / 130.0 g (104%)
Net Carbs	301.3 g / 130.0 g (231%)
Fat	145.6 g / 65.0 g (224%)

🍌 Bananas, Raw	2 medium - 7" to 7 7/8" long	
🥑 Avocado, Green Skin, Florida Type	150 g	CMV34
🥛 Oat Milk	200 g	
🍒 Cherries, Sweet, Raw	100 g	
💊 Now, Zinc Picolinate	1 capsule	
💊 Natural Factors, Vitamin D3, 1000 IU	2 tablet	
💊 Now Foods, Pea Protein	2 oz	



Автор заметки: Mazer