

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.

- BEANS** ✓✓✓
Servings: 3 per day
≈ 130g cooked beans, 60g hummus
- BERRIES** ✓
Servings: 1 per day
≈ 60g fresh or frozen, 40g dried
- FRUITS** ✓✓✓
Servings: 3 per day
≈ 1 medium fruit, 40g dried fruit
- CRUCIFEROUS** ✓
Servings: 1 per day
≈ 30-80g chopped, 1 tbs horseradish
- GREENS** ✓✓
Servings: 2 per day
≈ 60g raw, 90g cooked
- VEGETABLES** ✓✓
Servings: 2 per day
≈ 50g nonleafy vegetables
- FLAXSEED** ✓
Servings: 1 per day
≈ 1 tablespoon ground
- NUTS** ✓
Servings: 1 per day
≈ 30g nuts, 2 tbs nut butter
- GRAINS** ✓✓✓
Servings: 3 per day
≈ 100g hot cereal, 1 slice of bread
- SPICES** ✓
Servings: 1 per day
≈ 1/4 teaspoon turmeric
- EXERCISE** ✓
Once per day
≈ 90 min, moderate or 40 min, vigorous
- BEVERAGES** ✓✓✓
Servings: 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

Connect with us!

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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

СМУЗИ

Calories Summary



Macronutrient Targets



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

CMZY

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%)

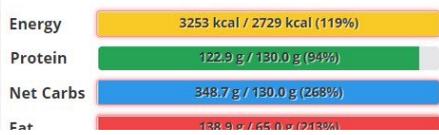
Description	Amount	Unit	Calories
🍏 Brazil Nuts, Unsalted	1	each	31.14
🍏 Spring Water	3000	g	0
🍏 Bananas, Raw	2	medium - 7" to 7 7/8" long	210.04
🍏 Avocado, Green Skin, Florida Type	150	g	180
🍏 Oat Milk	200	g	106.99
🍏 Cherries, Sweet, Raw	100	g	63
🍏 Now, Zinc Picolinate	1	capsule	0
🍏 Natural Factors, Vitamin D3, 1000 IU	2	tablet	0
🍏 Now Foods, Pea Protein	2	oz	223.36
🍏 Granola, Homemade	150	g	644.75
🍏 Peaches, Raw	2	medium - 2 2/3" diameter	117
🍏 Pistachio Nuts, Raw	30	g	168
🍏 Now, Biotin 5000 mcg	1	Capsule	0
🍏 Now, Choline & Inositol	2	Capsule	0
🍏 Magne, B6	1	tablet	0
🍏 Potato, Boiled with Skin	700	g	532
🍏 Spinach, Cooked from Fresh	6	tblsp, chopped	15.53
🍏 Soy Sauce	1	tblsp	8.45
🍏 Oatly, Oat Cream, Cuisine	2	× 100 ml	300
🍏 Onion, White, Yellow or Red, Raw	1	small	28
🍏 Kiwi Fruit, SunGold	1	each	51.03
🍏 Oat Milk	200	g	106.99
🍏 Pistachio Nuts, Roasted, Unsalted	30	g	170.7
🍏 Hemp Seeds, Hulled	30	g	165.9
🍏 Avocado, Green Skin, Florida Type	100	g	120
🍏 Veganicity, B12 1000ug	1	tablet	0
🍏 Deva, Vegan Omega 3 DHA-EPA, Algae	2	capsule	10
🍏 Now, MK-7, Vitamin K2 100 mcg	1	capsule	0

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Calories Summary



Macronutrient Targets



Автор заметки: Mazer