

Dieta : 8 Veget

Kopā (7 dienas):

16492.33 585.246 473.5 2429.086 25.25 165.47 298.34

| Ēdiena nosaukums | Porcijas svars (g) | Enerģētis kā vērtība (kkal) | Olbaltu mvielās | Tauki | Ogļhidrāti | Sāls | Cukurs | Šķiedrvielas | Alerģēni |
|---|-----------------------|-----------------------------------|--------------------|--------------|---------------|-------------|--------------|--------------|----------|
| 01.06. | | | | | | | | | |
| 2026 Nedēļa:4 diena:1 | | | | | | | | | |
| 1. Brokastis | | | | | | | | | |
| 56813 Četru graudu pārslu putra | 250 | 232.396 | 11.2 | 5.32 | 33.899 | 0.25 | 0.5 | 4.48 | 1;7 |
| 54656 Biezpiens ar krējumu | 80 | 85.936 | 13.888 | 1.96 | 3.096 | | | | 7 |
| 55821 Baltmaize | 50 | 131.5 | 3.9 | 1.05 | 25.7 | | | 1.9 | 1 |
| 55804 Rudzu maize | 35 | 90.65 | 3.01 | 0.49 | 17.57 | | | 1.925 | 1 |
| 51629 Sviests | 10 | 74.8 | 0.06 | 8.25 | 0.44 | | | | 7 |
| 52940 Tēja | 250 | 3.828 | 0.65 | 0.128 | 0.02 | | | | |
| 51726 Cukurs baltais | 5 | 19.96 | | | 4.99 | | 5. | | |
| 51682 Banāni | 180 | 158.4 | 2.16 | 0.36 | 36 | | | 3.24 | |
| Kopā: | | 797.47 | 34.87 | 17.56 | 121.72 | 0.25 | 5.5 | 11.55 | |
| 3. Pusdienas | | | | | | | | | |
| 58356 Kartupeļu un zaļo zirnīšu zupa | 300 | 137.62 | 3.373 | 6.316 | 16.515 | 0.9 | | 3.975 | |
| 51195 Vārīti griķi | 150 | 165.627 | 3.712 | 0.792 | 35.937 | 0.15 | | 1.584 | |
| 56725 Šampinjonu mērce | 50 | 39.897 | 1.122 | 2.618 | 2.99 | 0.25 | | 1.066 | 9 |
| 58313 Pupiņu plācenītis | 80 | 127.628 | 5.534 | 4.972 | 15.371 | 0.16 | | 5.107 | |
| 58159 Biešu salāti ar eļļu | 80 | 40.035 | 1.2 | 0.88 | 6.72 | 0.32 | | 2 | |
| 55804 Rudzu maize | 35 | 90.65 | 3.01 | 0.49 | 17.57 | | | 1.925 | 1 |
| 57990 Ogu augļu dzēriens | 200 | 64.408 | 0.033 | | 15.936 | | | | |
| 55821 Baltmaize | 25 | 65.75 | 1.95 | 0.525 | 12.85 | | | 0.95 | 1 |
| Kopā: | | 731.61 | 19.94 | 16.59 | 123.89 | 1.78 | | 16.61 | |
| 5. Vakariņas | | | | | | | | | |
| 58122 Sarkanā lēcu sautējums | 350 | 337.447 | 15.05 | 15.2 | 35.402 | 1.4 | | 10.535 | |
| 55804 Rudzu maize | 35 | 90.65 | 3.01 | 0.49 | 17.57 | | | 1.925 | 1 |
| 55821 Baltmaize | 25 | 65.75 | 1.95 | 0.525 | 12.85 | | | 0.95 | 1 |
| 51629 Sviests | 10 | 74.8 | 0.06 | 8.25 | 0.44 | | | | 7 |
| 55928 Zaļu tēja | 250 | | | | | | | | |
| 51726 Cukurs baltais | 5 | 19.96 | | | 4.99 | | 5. | | |
| Kopā: | | 588.61 | 20.07 | 24.46 | 71.25 | 1.4 | 5 | 13.41 | |
| 6. Otrās vakariņas | | | | | | | | | |
| 56038 Kēkss (50g) | 50 | 191.052 | 3.07 | 8.06 | 26.245 | | 12.21 | 0.02 | 1;3;7 |
| 51626 Kefīrs | 200 | 96 | 6 | 4 | 9 | | | | 7 |
| Kopā: | | 287.05 | 9.07 | 12.06 | 35.25 | | 12.21 | 0.02 | |
| Diena kopā: | | 2404.74 | 83.94 | 70.67 | 352.1 | 3.43 | 22.71 | 41.58 | |
| 02.06. | | | | | | | | | |
| 2026 Nedēļa:4 diena:2 | | | | | | | | | |
| 1. Brokastis | | | | | | | | | |
| 52229 Auzu pārslu putra | 250 | 233.562 | 11.088 | 6.625 | 32.787 | 0.25 | 0.05 | 2.025 | 1;7 |
| 52259 Ievārījums | 25 | 34.75 | 0.25 | 0.025 | 9.75 | | | | |
| 51755 Siers | 20 | 68 | 4.96 | 5.36 | | | | | 7 |
| 55804 Rudzu maize | 35 | 90.65 | 3.01 | 0.49 | 17.57 | | | 1.925 | 1 |
| 55821 Baltmaize | 50 | 131.5 | 3.9 | 1.05 | 25.7 | | | 1.9 | 1 |
| 51629 Sviests | 10 | 74.8 | 0.06 | 8.25 | 0.44 | | | | 7 |
| 53924 Kakao dzēriens | 250 | 56.208 | 2.818 | 2.982 | 4.373 | | | 1.064 | 7 |
| 51726 Cukurs baltais | 5 | 19.96 | | | 4.99 | | 5. | | |
| 51677 Āboli | 150 | 80.55 | 0.45 | 0.9 | 17.1 | | | 3 | |
| Kopā: | | 789.98 | 26.54 | 25.68 | 112.71 | 0.25 | 5.05 | 9.91 | |
| 3. Pusdienas | | | | | | | | | |
| 58104 Biešu zupa | 300 | 93.347 | 2.148 | 3.24 | 13.602 | 1.2 | 0.9 | 3.26 | |
| 58164 Burkānu salāti ar eļļu | 80 | 27.635 | 0.8 | 0.96 | 3.84 | 0.16 | | 2.88 | |
| 57978 Kvinoja ar sarkanajām pupiņām, kukurūzu, tomātiem | 350 | 382.229 | 15.777 | 11.04 | 54.566 | 1.4 | | 11.806 | |
| 55804 Rudzu maize | 35 | 90.65 | 3.01 | 0.49 | 17.57 | | | 1.925 | 1 |
| 55821 Baltmaize | 25 | 65.75 | 1.95 | 0.525 | 12.85 | | | 0.95 | 1 |
| 57990 Ogu augļu dzēriens | 200 | 64.408 | 0.033 | | 15.936 | | | | |
| Kopā: | | 724.02 | 23.72 | 16.25 | 118.36 | 2.76 | 0.9 | 20.82 | |
| 5. Vakariņas | | | | | | | | | |
| 50653 Vārīti rīsi | 180 | 204.217 | 4.039 | 0.356 | 46.154 | 0.18 | | 0.832 | |
| 58287 Dārzena mērce uz augu tauku bāzes | 50 | 85.342 | 0.273 | 8.578 | 1.839 | 0.2 | | 0.308 | |
| 57043 Tvaicēti dārzeni | 100 | 29.77 | 2.49 | 0.25 | 4.126 | 0.2 | | 3.234 | |
| 58183 Olu kultenis | 80 | 111.707 | 8.227 | 7.48 | 2.023 | 0.08 | | 0.021 | 3;7 |
| 55804 Rudzu maize | 35 | 90.65 | 3.01 | 0.49 | 17.57 | | | 1.925 | 1 |
| 55821 Baltmaize | 25 | 65.75 | 1.95 | 0.525 | 12.85 | | | 0.95 | 1 |
| 51726 Cukurs baltais | 5 | 19.96 | | | 4.99 | | 5. | | |
| 55928 Zaļu tēja | 250 | | | | | | | | |
| Kopā: | | 607.4 | 19.99 | 17.68 | 89.55 | 0.66 | 5 | 7.27 | |
| 6. Otrās vakariņas | | | | | | | | | |
| 56676 Ievārījuma smalkmaizīte | 50 | 166.249 | 2.564 | 5.673 | 26.049 | 1.83 | 52.735 | 0.187 | 1;3 |
| 51748 Piens | 200 | 96 | 6.4 | 4 | 9 | | | | 7 |
| Kopā: | | 262.25 | 8.96 | 9.67 | 35.05 | 1.83 | 52.73 | 0.19 | |
| Diena kopā: | | 2383.64 | 79.21 | 69.29 | 355.68 | 5.5 | 63.68 | 38.19 | |
| 03.06. | | | | | | | | | |
| 2026 Nedēļa:4 diena:3 | | | | | | | | | |

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|---------------------|-------------------|-----|---------|-------|-------|-------|------|------|-------|---|
| 1. Brokastis | | | | | | | | | | |
| 57973 | Prošas biežputra | 250 | 211.921 | 7.235 | 4.949 | 34.37 | 0.25 | 1.25 | 1.472 | 7 |
| 52259 | levārījums | 25 | 34.75 | 0.25 | 0.025 | 9.75 | | | | |
| 51667 | Vārīta ola | 50 | 73.5 | 6.165 | 4.9 | 0.505 | | | | 3 |
| 55804 | Rudzu maize | 35 | 90.65 | 3.01 | 0.49 | 17.57 | | | 1.925 | 1 |
| 55821 | Baltmaize | 50 | 131.5 | 3.9 | 1.05 | 25.7 | | | 1.9 | 1 |
| 51629 | Sviests | 10 | 74.8 | 0.06 | 8.25 | 0.44 | | | | 7 |
| 58433 | Karkade tēja | 250 | 0.038 | | | | | | | |
| 51726 | Cukurs baltais | 5 | 19.96 | | | 4.99 | | 5. | | |
| 57105 | Biezpiena sierīnš | 38 | 94.24 | 4.446 | 4.94 | 7.942 | | | | 7 |

Kopā:

731.36 25.07 24.6 101.27 0.25 6.25 5.3

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| 3. Pusdienas | | | | | | | | | | |
| 57525 | Šķelto zirņu zupa | 300 | 270.625 | 12.618 | 9.917 | 32.33 | 1.2 | | 11.177 | 9 |
| 52160 | Kāpostu gurķu salāti ar zaļumiem un eļļu | 80 | 39.146 | 1.012 | 2.559 | 3.021 | 0.08 | | 2.066 | |
| 57742 | Pilngraudu makaroni ar dārzeņiem | 200 | 297.827 | 9.652 | 5.897 | 48.054 | 0.2 | | 8.032 | 1 |
| 55804 | Rudzu maize | 35 | 90.65 | 3.01 | 0.49 | 17.57 | | | 1.925 | 1 |
| 55821 | Baltmaize | 25 | 65.75 | 1.95 | 0.525 | 12.85 | | | 0.95 | 1 |
| 57990 | Ogu augļu dzēriens | 200 | 64.408 | 0.033 | | 15.936 | | | | |

Kopā:

828.41 28.27 19.39 129.76 1.48 24.15

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| 5. Vakariņas | | | | | | | | | | |
| 50219 | Vārīti kartupeļi | 200 | 148.824 | 4.24 | 0.212 | 31.376 | 0.2 | | 4.452 | |
| 56654 | Cukīni - sojas pupiņu sautējums ar spinātiem | 200 | 154.878 | 8.803 | 9.352 | 10.268 | 0.8 | | 5.341 | 6;9 |
| 58445 | Biešu salāti ar majonēzes mērci | 80 | 76.867 | 1.38 | 5.086 | 6.185 | 0.012 | | 1.74 | 10;3;7 |
| 52941 | Zāļu tēja | 200 | | | | | | | | |
| 51726 | Cukurs baltais | 5 | 19.96 | | | 4.99 | | 5. | | |
| 55821 | Baltmaize | 25 | 65.75 | 1.95 | 0.525 | 12.85 | | | 0.95 | 1 |
| 55804 | Rudzu maize | 35 | 90.65 | 3.01 | 0.49 | 17.57 | | | 1.925 | 1 |

Kopā:

556.93 19.38 15.67 83.24 1.01 5 14.41

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| 6. Otrās vakariņas | | | | | | | | | | |
| 51755 | Siers | 20 | 68 | 4.96 | 5.36 | | | | | 7 |
| 55401 | Saldašābmaize | 30 | 68.7 | 1.89 | 0.3 | 14.4 | | | 1.35 | 1 |
| 51629 | Sviests | 10 | 74.8 | 0.06 | 8.25 | 0.44 | | | | 7 |
| 52941 | Zāļu tēja | 250 | | | | | | | | |
| 51726 | Cukurs baltais | 5 | 19.96 | | | 4.99 | | 5. | | |

Kopā:

231.46 6.91 13.91 19.83 5 1.35

Diena kopā:

2348.15 79.63 73.57 334.1 2.74 16.25 45.21

04.06.

2026 Nedēļa:4 diena:4

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|---------------------|--------------------------|-----|---------|-------|-------|--------|------|-----|-----|-----|
| 1. Brokastis | | | | | | | | | | |
| 56815 | Trīs graudu pārslu putra | 250 | 217.996 | 9.6 | 4.58 | 32.774 | 0.25 | 0.5 | 4.8 | 1;7 |
| 52259 | levārījums | 25 | 34.75 | 0.25 | 0.025 | 9.75 | | | | |
| 54656 | Biezpiens ar krējumu | 100 | 107.42 | 17.36 | 2.45 | 3.87 | | | | 7 |
| 55821 | Baltmaize | 50 | 131.5 | 3.9 | 1.05 | 25.7 | | | 1.9 | 1 |
| 51629 | Sviests | 10 | 74.8 | 0.06 | 8.25 | 0.44 | | | | 7 |
| 51726 | Cukurs baltais | 5 | 19.96 | | | 4.99 | | 5. | | |
| 55928 | Zāļu tēja | 250 | | | | | | | | |
| 51678 | Bumbieri | 100 | 54.9 | 0.5 | 0.3 | 12.4 | | | 3.3 | |

Kopā:

641.33 31.67 16.66 89.92 0.25 5.5 10

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| 3. Pusdienas | | | | | | | | | | |
| 57989 | Lēcu dārzeņu biezenzupa | 300 | 177.57 | 9.592 | 5.903 | 21.451 | 1.2 | | 5.013 | 7;9 |
| 51207 | Zirņu biežputra | 180 | 203.344 | 16.825 | 1.082 | 31.013 | 0.18 | | 12.82 | 9 |
| 58287 | Dārzeņu mērce uz augu tauku bāzes | 50 | 85.342 | 0.273 | 8.578 | 1.839 | 0.2 | | 0.308 | |
| 58313 | Pupiņu plācenītis | 100 | 159.534 | 6.918 | 6.215 | 19.214 | 0.2 | | 6.384 | |
| 52153 | Ķīnas kāpostu salāti ar dillēm un eļļu | 80 | 17.723 | 1.22 | 0.964 | 1.793 | 0.32 | | 0.828 | |
| 55804 | Rudzu maize | 35 | 90.65 | 3.01 | 0.49 | 17.57 | | | 1.925 | 1 |
| 55821 | Baltmaize | 25 | 65.75 | 1.95 | 0.525 | 12.85 | | | 0.95 | 1 |
| 57990 | Ogu augļu dzēriens | 200 | 64.408 | 0.033 | | 15.936 | | | | |

Kopā:

864.32 39.82 23.76 121.67 2.1 28.23

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|---------------------|-------------------------|-----|---------|-------|-------|--------|------|--|-------|---|
| 5. Vakariņas | | | | | | | | | | |
| 53946 | Biešu salāti ar krējumu | 80 | 57.317 | 1.377 | 3.071 | 5.98 | 0.32 | | 1.689 | 7 |
| 58070 | Plovs ar turku zirņiem | 280 | 308.916 | 7.971 | 7.186 | 53.466 | 1.26 | | 6.188 | |
| 51626 | Kefīrs | 200 | 96 | 6 | 4 | 9 | | | | 7 |
| 55804 | Rudzu maize | 35 | 90.65 | 3.01 | 0.49 | 17.57 | | | 1.925 | 1 |
| 55821 | Baltmaize | 25 | 65.75 | 1.95 | 0.525 | 12.85 | | | 0.95 | 1 |
| 51629 | Sviests | 10 | 74.8 | 0.06 | 8.25 | 0.44 | | | | 7 |

Kopā:

693.43 20.37 23.52 99.31 1.58 10.75

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|---------------------------|-------------------------------|-----|--------|------|-------|--------|--|------|-------|-------|
| 6. Otrās vakariņas | | | | | | | | | | |
| 52941 | Zāļu tēja | 250 | | | | | | | | |
| 51726 | Cukurs baltais | 5 | 19.96 | | | 4.99 | | 5. | | |
| 57155 | Mikstais cepums ar ievārījumu | 40 | 139.91 | 1.75 | 4.456 | 23.016 | | 6.66 | 0.011 | 1;3;7 |

Kopā:

159.87 1.75 4.46 28.01 11.66 0.01

Diena kopā:

2358.95 93.61 68.39 338.9 3.93 17.16 48.99

05.06.

2026 Nedēļa:4 diena:5

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| 1. Brokastis | | | | | | | | | | |
| 53927 | Kukurūzas biežputra | 250 | 283.137 | 12.98 | 5.222 | 48.65 | 0.25 | | 5.781 | 7 |
| 51755 | Siers | 20 | 68 | 4.96 | 5.36 | | | | | 7 |
| 55804 | Rudzu maize | 35 | 90.65 | 3.01 | 0.49 | 17.57 | | | 1.925 | 1 |
| 55821 | Baltmaize | 50 | 131.5 | 3.9 | 1.05 | 25.7 | | | 1.9 | 1 |
| 51629 | Sviests | 10 | 74.8 | 0.06 | 8.25 | 0.44 | | | | 7 |
| 51726 | Cukurs baltais | 5 | 19.96 | | | 4.99 | | 5. | | |
| 52940 | Tēja | 250 | 3.828 | 0.65 | 0.128 | 0.02 | | | | |

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|---------------------------------|-----|----------------|--------------|--------------|---------------|-------------|-------------|--------------|
| 58336 Brūnie rīsi ar dārzeņiem | 200 | 181.3 | 4.038 | 3.343 | 33.437 | 2. | 3.581 | |
| 58183 Olu kultenis | 80 | 111.707 | 8.227 | 7.48 | 2.023 | 0.08 | 0.021 | 3;7 |
| 55804 Rudzu maize | 35 | 90.65 | 3.01 | 0.49 | 17.57 | | 1.925 | 1 |
| 55821 Baltmaize | 25 | 65.75 | 1.95 | 0.525 | 12.85 | | 0.95 | 1 |
| 51726 Cukurs baltais | 5 | 19.96 | | | 4.99 | | | 5. |
| 52941 Zāļu tēja | 250 | | | | | | | |
| Kopā: | | 469.37 | 17.23 | 11.84 | 70.87 | 2.08 | 5 | 6.48 |
| 6. Otrās vakariņas | | | | | | | | |
| 51751 Paniņas | 200 | 69 | 7 | 1 | 8 | | | 7 |
| 55814 Kliju maize | 20 | 54.6 | 2.42 | 0.54 | 9.46 | | 1.16 | 1 |
| 51629 Sviests | 10 | 74.8 | 0.06 | 8.25 | 0.44 | | | 7 |
| 57397 Vegāniskais Čedaras siers | 20 | 59.6 | | 4.8 | 4.2 | | | |
| Kopā: | | 258 | 9.48 | 14.59 | 22.1 | | 1.16 | |
| Diena kopā: | | 2283.63 | 83.66 | 61.17 | 341.39 | 3.98 | 10 | 34.64 |