

قوت روزانه مواد غذایی (Week-13)
 کالری و مواد مغذی

جدول 1

1	Apple - Green		nos	45
2	Apple - Red		nos	60
3	Asparagus		kg	1
4	Aubergine	round small	nos	35
5	Banana - Local		kg	3
6	Beans Long Green		kg	2
7	Beetroot		kg	3
8	Bell Pepper - Green		kg	2
9	Bell Pepper - Red		kg	7
10	Blueberry		pkt	10
11	Bread Sandwich		loaf	4
12	Broccoli		kg	8
13	Brussel Sprout		kg	3
14	Butter Milk		ltr	2
66	Butter salted		kg	15
15	Butter Unsalted		kg	10
16	Carrot		kg	25
17	Celery		kg	10
18	Cheese Emmental	Slices 10 pcs pkt	kg	10
19	Cheese Parmesan Block Grana Padano		kg	5
20	Cherry Red		kg	2
21	Chesse Mozzarella Block		kg	1
67	Chicken Breast Meat Without Skin		kg	10
22	Chilli - Padi		try	1
23	Chives		gm	400
24	Cucumber - English		kg	1
25	Cucumber - Lebanese		kg	4
68	Dark Chocolate - Calebaut		kg	7.5
26	French Bread		nos	8
27	Fresh Basil		gm	300
28	Fresh Dill		gm	400
29	Fresh Italian Parsley		gm	800
30	Fresh Rosemary		kg	1
31	Fresh Thyme		gm	800
32	Frozen Fruits Cranberry		kg	1
33	Frozen Snow Peas		pkt	4

34	Garlic		kg	7
35	Ginger		gm	500
36	Horseradish		kg	1
37	Leeks		kg	9
38	Lemon		nos	60
39	Lemon Grass		gm	800
40	Lettuce Romaine		kg	3
41	Lime		kg	5
42	Mangoe - Honey		kg	8
43	Mint Leaves		gm	700
44	Mushroom Button Fresh		kg	4
45	Onion		kg	10
46	Onion Red		kg	5
47	Onion Spring		kg	1
48	Onion White		kg	7
49	Oranges		nos	65
50	Parsley		kg	2
51	Passionfruit		nos	25
52	Pear - Green		nos	35
53	pearl onion		kg	3
54	Plain yogurt	Greek	ltr	3
55	Pomegranate		nos	2
56	Potatoes		kg	15
57	Pumpkin		kg	3
58	Pumpkin Butternut		kg	6
59	Raspberry		kg	1.5
60	Shallots		kg	2.5
61	Strawberry		kg	3
62	Tomato Roma		kg	8
63	Turnip		gm	800
64	White extract of cabernet	sauvignon (Red)	btl	2
65	Watermelon		kg	8
66	White Chocolate - Calebaut		kg	5

