




# Primjeri međuobroka

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Navedene primjere za brze međuobroke koristite ako vas u nekoj prilici uhvati glad između glavnih obroka. Isprintajte i stavite listu na vidljivo mjesto. Neke možete kupiti već gotove a druge možete sami pripremiti.




1. Obični tekući, proteinski, skyr ili grčki jogurt (200 - 250 gr)
2. Proteinska čokoladica 45 gr / Čokoladica Sportness DM ili neka druga marka po želji
3. Svo voće (1 do 2 voćke)
4. Šaka orašastih plodova (bademi, kikiriki, orasi isl)
5. Šaka suhog voća (marelice, groždice, brusnice, šljive...)
6. Šaka sjemenki (suncokret, bundeva isl.)
7. Integralni keksi sa vlaknima (zobeni, proseni isl.) 3-4 kom
8. Zrnati sir (150 gr)
9. 1 mozzarella (100 gr) i 1 rajčica
10. Mala zdjelica salate od kuhanih mahuna sa češnjakom
11. Mala zdjelica salate od kuhanog graha sa lukom
12. ½ paketića kokica (za mikrovalnu) ili 50 gr kukuruza kokičara
13. Energetska pločica od suhog voća sa orašidima, (40 gr)
14. 1 proteinska palačinka punjena namazom od posnog sira i voća
15. Konzerva tunjevine (ili tuna salate u konzervi) + šnita integralnog kruha
16. Konzerva sardina ili haringe + proteinski kreker
17. 2 kuhana ili pečena jaja
18. Šalica začinenog pečenog slanutka ili pečenih sojinih zrna
19. Žlica kikiriki namaza ili namaz od badema na šniti integralnog kruha
20. ½ zobene barete (45 gr)
21. Vrećica čipsa od jabuke ili mrkve
22. Vrećica čipsa od leće ili slanutka
23. Mali integralni tost sa šnitom kuhane šunke i sira
24. ½ porcije proteinske tjestenine i umak od rajčice (50 gr)
25. Vegetarijanski namaz od tofua ili graha sa integralnim krekerom (1-2 kom)
26. Grčka ili šopska salata sa komadićima feta sira
27. Proteinski puding ili proteinski mousse (180 gr)
28. Chia puding u jogurtu ili biljnom mlijeku (2 žlice sjemenki i 200 ml mlijeka)
29. Čokolino fit ili proteinski sa sojinim mlijekom (30 gr)
30. Smoothie sa posnim sirom i voćem (300 ml)

# Kako složiti međuobrok?




<p><b>GRČKI JOGURT</b> GREEK YOGHURT</p>  <p>100 gr / 69 KCAL / 10 PROTEIN</p>	<p><b>MANJA BANANA</b> SMALL BANANA</p>  <p>120 gr / 90 KCAL / 1,3 PROTEIN</p>	<p><b>2 KOCKICE TAMNE ČOKOLADE</b> 2 PIECES DARK CHOCOLATE</p>  <p>25 gr / 150 KCAL / 1,3 PROTEIN</p>	<p><b>309 kcal</b> <b>12,6 PROTEIN</b></p>
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<p><b>15 BADEMA</b> 15 ALMONDS</p>  <p>15 gr / 82 KCAL / 3,9 PROTEIN</p>	<p><b>JAGODE ILI ŠUMSKO VOĆE</b> STRAWBERRIES / OTHER BERRIES</p>  <p>200 gr / 66 KCAL / 1,4 PROTEIN</p>	<p><b>ČAŠA SOJINOG MLIJEKA</b> GLASS OF SOY MILK</p>  <p>250 gr / 130 KCAL / 6,6 PROTEIN</p>	<p><b>278 kcal</b> <b>11,9 PROTEIN</b></p>
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<p><b>2 MALE HELJDINE PALAČINKE</b> 2 SMALL BUCKWHEAT PANCAKES</p>  <p>80 gr / 150 KCAL / 4,6 PROTEIN</p>	<p><b>SVJEŽI ILI ZRNATI SIR</b> FRESH OR COTTAGE CHEESE</p>  <p>50 gr / 52 KCAL / 5,5 PROTEIN</p>	<p><b>ŽLICA DŽEMA OD MARELICE</b> TBSP OF APRICOT CONFITURE</p>  <p>20 gr / 48 KCAL / 0,1 PROTEIN</p>	<p><b>250 kcal</b> <b>10,2 PROTEIN</b></p>
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<p><b>6 KOM INTEGRALNIH KREKERA</b> 6 PCS WHOLE WHEAT CRACKERS</p>  <p>25 gr / 106 KCAL / 2,1 PROTEIN</p>	<p><b>SVJEŽA RAJČICA I BOSILJAK</b> FRESH TOMATO AND BASIL</p>  <p>250 gr / 44 KCAL / 1,8 PROTEIN</p>	<p><b>FETA TVRDOG SIRA</b> SLICE OF CHEESE</p>  <p>30 gr / 105 KCAL / 7,2 PROTEIN</p>	<p><b>234 kcal</b> <b>11,1 PROTEIN</b></p>
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<p><b>MALA PITA LEPINJA</b> SMALL PITA BREAD</p>  <p>28 gr / 80 KCAL / 2,5 PROTEIN</p>	<p><b>2 ŽLICE KIKIRIKI MASLACA</b> 2 TBSP OF PEANUT BUTTER</p>  <p>16 gr / 188 KCAL / 8 gr PROTEIN</p>	<p><b>5 KISELA KRSTAVCA</b> 5 PICKLES</p>  <p>110 gr / 20 KCAL / 0,5 PROTEIN</p>	<p><b>288 kcal</b> <b>11 PROTEIN</b></p>
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<p><b>3 STABLIJKE CELERA</b> 3 CELERY STICKS</p>  <p>190 gr / 30 KCAL / 1,3 PROTEIN</p>	<p><b>1 KOMAD TOFUA</b> 1 PIECE OF TOFU</p>  <p>125 gr / 95 KCAL / 10 PROTEIN</p>	<p><b>3 ŽLICE BILJNOG NAMAZA</b> 3 SPOONS OF PLANT SPREAD</p>  <p>75 gr / 120 KCAL / 1,65 PROTEIN</p>	<p><b>245 kcal</b> <b>12,95 PROTEIN</b></p>
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<p>2 ZOBENA KEKSA GRANCEREALE 2 OAT COOKIES GRANCEREALE</p>  <p>22 gr / 105 KCAL / 1,8 PROTEIN</p>	<p>ŠAKA SUNCOKRETOVIH SJEMENKI HANDFULL SUNFLOWER SEEDS</p>  <p>40 gr / 190 KCAL / 7,5 PROTEIN</p>	<p>VODA SA SOKOM 1 LIMUNA GLASS OF WATER AND 1 LEMON</p>  <p>200 gr / 13 KCAL / 1 PROTEIN</p>	<p><b>308 kcal</b> <b>10,3 PROTEIN</b></p>
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<p>ŠALICA BOBIČASTOG VOĆA CUP OF BERRIES</p>  <p>200 gr / 115 KCAL / 1,4 PROTEIN</p>	<p>ŠALICA SVJEŽEG SIRA CUP OF FRESH CHEESE</p>  <p>10 gr / 98 KCAL / 11 PROTEIN</p>	<p>ŽLICA MEDA TSPN HONEY</p>  <p>20 gr / 64 KCAL / 0,1 PROTEIN</p>	<p><b>277 kcal</b> <b>12,5 PROTEIN</b></p>
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<p>4 ŽLICE SIRNI NAMAZ (nemasni) 4 TBSP CREAM CHEESE (nonfat)</p>  <p>70 gr / 76 KCAL / 11 PROTEIN</p>	<p>ŠNITA INTEGRALNOG KRUHA SLICE OF INTEGRALNOG BREAD</p>  <p>30 gr / 70 KCAL / 2,8 PROTEIN</p>	<p>1 JABUKA 1 APPLE</p>  <p>180 gr / 95 KCAL / 0,5 PROTEIN</p>	<p><b>241 kcal</b> <b>14,3 PROTEIN</b></p>
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<p>ŠALICA ČIPSA OD JABUKE CUP OF APPLE CHIPS</p>  <p>30 GR / 90 KCAL / 0 PROTEIN</p>	<p>ZDJELICA VOĆNE KAŠICE CUP OF FRUIT PORRIDGE</p>  <p>180 GR / 85 KCAL / 0,5 PROTEIN</p>	<p>½ ŠALICE PEČENOG SLANUTKA ½ CUP ROASTED CHICKPEAS</p>  <p>60 GR / 105 KCAL / 11,2 PROTEIN</p>	<p><b>280 kcal</b> <b>11,7 PROTEIN</b></p>
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<p>KISELI KRASTAVČIĆI PICKLES</p>  <p>50 GR / 30 KCAL / 0,5 PROTEIN</p>	<p>2 ŽLICE PAŠTETE OD TUNE 2 TBSP TUNA SPREAD</p>  <p>40 GR / 120 KCAL / 7 PROTEIN</p>	<p>2 KUKURUZNA KREKERA 2 CORN CRACKERS</p>  <p>30 GR / 120 KCAL / 2 PROTEIN</p>	<p><b>270 kcal</b> <b>9,5 PROTEIN</b></p>
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<p>2 RAŽENA KEREKERA 2 RYE CRACKERS</p>  <p>30 GR / 95 KCAL / 2,1 PROTEIN</p>	<p>2 ŽLICE HUMMUSA 2 TBSP HUMMUS</p>  <p>30 GR / 50 KCAL / 2,4 PROTEIN</p>	<p>ZDJELICA SALATE OD MAHUNA CUP OF GREEN BEAN SALAD</p>  <p>200 GR / 75 KCAL / 4,2 PROTEIN</p>	<p><b>220 kcal</b> <b>10,6 PROTEIN</b></p>
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<p><b>PROSENA KAŠA</b> MILLET PORRIDGE</p>  <p>30 GR / 106 KCAL / 4 PROTEIN</p>	<p><b>BILJNO MLIJEKO (SOJINO)</b> PLANT MILK</p>  <p>200 GR / 84 KCAL / 3 PROTEIN</p>	<p><b>ŠAKA SUHOG VOĆA</b> HANDFUL OF DRY FRUITS</p>  <p>20 GR / 75 KCAL / 0,2 PROTEIN</p>	<p><b>265 kcal</b> 7 PROTEIN</p>
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<p><b>1 PAPIKA</b> 1 BELL PEPPER</p>  <p>120 GR / 32 KCAL / 1 PROTEIN</p>	<p><b>2 KUHANA JAJA</b> 2 BOILED EGGS</p>  <p>100 GR / 160 KCAL / 12 PROTEIN</p>	<p><b>½ ZDJELICE RIBANOG KUPUSA</b> ½ CUP GRATET CABBAGE</p>  <p>100 GR / 35 KCAL / 1,2 PROTEIN</p>	<p><b>227 kcal</b> 14,2 PROTEIN</p>
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<p><b>PLOČICA OD SEZAMA I MEDA</b> SESAME HONEY BAR</p>  <p>30 GR / 140 KCAL / 3 PROTEIN</p>	<p><b>ŠAKA SUHIH BRUSNICA</b> HANFULL OF DRIED CRANBERRIES</p>  <p>20 GR / 60 KCAL / 0,1 PROTEIN</p>	<p><b>1 ŠALICA SKYRA</b> 1 CUP OF SKYR / QUARK</p>  <p>150 GR / 105 KCAL / 17 G</p>	<p><b>305 kcal</b> 20,1 PROTEIN</p>
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<p><b>1 ŽLICA CHIA SJEMENKI</b> 1 TBSP CHIA SEEDS</p>  <p>30 GR / 130 KCAL / 4,7 PROTEIN</p>	<p><b>ŠALICA TEKUĆEG JOGURTA</b> CUP OF YOGURT DRINK</p>  <p>200 GR / 95 KCAL / 6,5 PROTEIN</p>	<p><b>½ ŠALICE BOROVNICA</b> ½ CUP OF BLUEBERRIES</p>  <p>70 GR / 39 KCAL / 0,5 PROTEIN</p>	<p><b>264 kcal</b> 11,7 PROTEIN</p>
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<p><b>SMOOTHIE</b> BANANA / JAGODA ILI KIWI BANANA / STRAWBERRY OR KIWI</p>  <p>150 GR / 130 KCAL / 2 PROTEIN</p>	<p><b>MJERICA PROTEINA U PRAHU</b> SCOOP OF PROTEIN POWDER</p>  <p>15 GR / 50 KCAL / 10 PROTEIN</p>	<p><b>2 ŽLICE ZOBENIH PAHLJICA</b> 2 TBSP OF OATS</p>  <p>25 GR / 97 KCAL / 4,2 PROTEIN</p>	<p><b>277 kcal</b> 16,2 PROTEIN</p>
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<p><b>VOĆNA SALATA</b> FRUIT SALAD</p>  <p>250 GR / 125 KCAL / 1,3 PROTEIN</p>	<p><b>ŠALICA GRČKOG JOGURTA</b> CUP OF GREEK YOGURT</p>  <p>100 GR / 65 KCAL / 10 PROTEIN</p>	<p><b>ŠAKA BUČINIH SJEMENKI</b> HANDFUL OF PUMPKIN SEEDS</p>  <p>15 GR / 63 KCAL / 2,5 PROTEIN</p>	<p><b>253 kcal</b> 13,8 PROTEIN</p>
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<p><b>DIMLJENI TOFU</b> <b>SMOKED TOFU</b></p>  <p><b>40 GR / 70 KCAL / 7 PROTEIN</b></p>	<p><b>ZELENA SALATA SA RAJČICOM</b> <b>LETTUCE WITH TOMATOES</b></p>  <p><b>300 GR / 105 KCAL / 2,7 PROTEIN</b></p>	<p><b>ŽLICA SOJA SOSA</b> <b>TBSP OF SOY SAUCE</b></p>  <p><b>15 GR / 10 KCAL / 1,3 PROTEIN</b></p>	<p><b>185 kcal</b> <b>11 PROTEIN</b></p>
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<p><b>KRAVLJE MLIJEKO 1,5% MM</b> <b>COW MILK 1,5% FAT</b></p>  <p><b>250 GR / 110 KCAL / 8 PROTEIN</b></p>	<p><b>KUHANI GRIZ</b> <b>COOKED GRITS</b></p>  <p><b>60 GR / 195 KCAL / 5 PROTEIN</b></p>	<p><b>2 ŽLICE KAKO PRAHA</b> <b>2 SPOONS OF COCOA POWDER</b></p>  <p><b>12 GR / 25 KCAL / 2,2 PROTEIN</b></p>	<p><b>330 kcal</b> <b>15,2 PROTEIN</b></p>
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<p><b>KUHANA LEĆA</b> <b>COOKED LENTILS</b></p>  <p><b>100 GR / 115 KCAL / 9 PROTEIN</b></p>	<p><b>MJEŠANA SALATA</b> <b>MIXED SALAD</b></p>  <p><b>85 GR / 55 KCAL / 1,2 PROTEIN</b></p>	<p><b>ŽLICA MASLINOVOG ULJA</b> <b>I JABUČNOG OCTA</b> <b>TBSP OLIVE OIL</b> <b>AND APPLE CIDER VINEGAR</b></p>  <p><b>5 GR / 40 KCAL / 0 PROTEIN</b></p>	<p><b>210 kcal</b> <b>10,2 PROTEIN</b></p>
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<p><b>KUHANI RIBLJI FILETI</b> <b>COOKED FISH FILLETS</b></p>  <p><b>80 GR / 175 KCAL / 11,2 PROTEIN</b></p>	<p><b>RIBANI CRVENI KUPUS</b> <b>GRATED RED CABBAGE</b></p>  <p><b>100 GR / 35 KCAL / 1,3 PROTEIN</b></p>	<p><b>ZDJELICA SVJEŽIH KRSTAVACA</b> <b>CUP OF FRESH CUCUMBERS</b></p>  <p><b>100 GR / 17 KCAL / 0,6 PROTEIN</b></p>	<p><b>227 kcal</b> <b>13,1 PROTEIN</b></p>
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<p><b>1 KOMAD LUBENICE</b> <b>1 PIECE OF WATERMELON</b></p>  <p><b>140 GR / 45 KCAL / 0,8 PROTEIN</b></p>	<p><b>5 MARELICA</b> <b>5 APRICOTS</b></p>  <p><b>175 GR / 85 KCAL / 2,7 PROTEIN</b></p>	<p><b>PROTEINSKA ČOKOLADICA</b> <b>PROTEIN CHOCOLATE</b></p>  <p><b>35 GR / 140 KCAL / 10 PROTEIN</b></p>	<p><b>270 kcal</b> <b>13,5 PROTEIN</b></p>
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<p><b>MANJA PILEĆA TORTILJA (BEZ UMAKA)</b> <b>SMALL CHICKEN TORTILLA (NO SAUCE)</b></p>  <p><b>130 GR / 275 KCAL / 17 PROTEIN</b></p>	<p><b>ili SENDVIČ SA JAJIMA</b> <b>or EGG SANDWICH</b></p>  <p><b>160 GR / 350 KCAL / 15 PROTEIN</b></p>	<p><b>ili SENDVIČ SA TUNOM</b> <b>or TUNA SANDWICH</b></p>  <p><b>140 GR / 320 KCAL / 20 PROTEIN</b></p>	<p><b>290-370 kcal</b> <b>15-20 PROTEIN</b></p>
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6-7 KUHANIH DAGNJI  
6-7 COOKED MUSSELS



100 GR / 86 KCAL / 11 PROTEIN

PASIRANA RAJČICA  
TOMATO SAUCE



100 GR / 30 KCAL / 1,3 PROTEIN

ŠNITA TOSTIRANOG KRUHA  
TOASTED BREAD SLICE



30 GR / 80 KCAL / 3,1 PROTEIN

**196 kcal**  
**15,4 PROTEIN**

KUHANI RAČIĆI  
COOKED PRAWNS



30 GR / 40 KCAL / 8,3 PROTEIN

SALATA OD KELJA  
KALE SALAD



100 GR / 150 KCAL / 1,1 PROTEIN

JOGURT DRESSING  
YOGURT DRESSING



50 GR / 35 KCAL / 1,8 PROTEIN

**225 kcal**  
**11,2 PROTEIN**

KUHANI GRAŠAK / MRKVA  
COOKED PEAS / CARROTS



130 GR / 71 KCAL / 4,5 PROTEIN

KUHANA RIŽA  
COOKED RICE



40 GR / 130 KCAL / 2,6 PROTEIN

½ PEČENIH PILEĆIH PRSA  
½ ROASTED CHICKEN BREAST



50 GR / 85 KCAL / 16 PROTEIN

**286 kcal**  
**23,1 PROTEIN**

KUHANI GRAH  
COOKED BEANS



50 GR / 57 KCAL / 4 PROTEIN

KONZERVA TUNE (BEZ ULJA)  
CAN OF TUNA (NO OIL)



45 GR / 85 KCAL / 12,5 PROTEIN

10 MASLINA  
10 OLIVES



40 GR / 59 KCAL / 0,3 PROTEIN

**201 kcal**  
**16,8 PROTEIN**

2 ŽLICE GUACAMOLE  
2 TBSP GUACAMOLE



40 GR / 65 KCAL / 0,7 PROTEIN

ŠNITA KRUHA SA ČEŠNJAKOM  
SLICE OF GARLIC BREAD



40 GR / 150 KCAL / 3,5 PROTEIN

2 ŠNITE DIMLJENOG LOSOSA  
2 SLICES SMOKED SALMON



60 GR / 90 KCAL / 13,5 PROTEIN

**305 kcal**  
**17,7 PROTEIN**

MOZZARELLA SIR (LIGHT)  
MOZZARELLA CHEESE (LIGHT)



100 GR / 160 KCAL / 19 PROTEIN

5-6 CHERRY RAJČICA  
5-6 CHERRY TOMATOES



100 GR / 25 KCAL / 0,9 PROTEIN

½ ZDJELICE KUKURUZA ŠEĆERCA  
½ CUP SWEETCORN



55 GR / 45 KCAL / 1,7 PROTEIN

**230 kcal**  
**21,6 PROTEIN**