

Bisikletçi Set Menü

KAHVALTI

KIZARMIŞ KEPEKLİ EKMEK

25-27; 54 kcal; 12 gram cho, 1,5 gram protein, 0,3 gram yağ.
(100 gr için 216 kcal, 48 gr cho, 6 gr protein, 1,2 gr yağ)

ORGANİK YUMURTALI VE SEBZELİ OMLET

İçerik 1 orta boy yumurta 100 gr doğranmış sebze ve yaklaşık 5 gram yağ için geçerlidir.
147 kcal, 2 gr cho, 11 gr protein, 11 gr yağ.(100 gr için 147 kcal, 2 gr cho, 11 gr protein, 11 gr yağ)

KLASİK OLGUNLAŞTIRILMIŞ BEYAZ PEYNİR

50 gram; 130 kcal, 2 gr cho, 7 gr protein, 10,5 gr yağ.
(100 gr için 260 kcal, 4 gr cho, 14 gr protein, 21 gr yağ)

KAŞAR PEYNİRİ

30 gram; 106 kcal, 0,5 gr cho, 8,1 gr protein, 8 gr yağ.
(100 gr için 28,30 kcal, 1,7 gr cho, 27 gr protein, 26,6 gr yağ)

HAŞLANMIŞ YUMURTA

1 orta [M] boy 55-65 gr, 78 kcal, 0,5 gr cho, 6,3 gr protein, 5,1 gr yağ.
(100 gr için 78 kcal, 0,5 gram cho, 6,3 gr protein, 5,1 gr yağ)

FÜME SOMON

100 gram; 117 kcal, 0 cho, 18,28 gr protein, 4,32 gr yağ.
(100 gr için 117 kcal, 0 cho, 18,28 gr protein, 4,32 gr yağ)

ORGANİK BAL

30 gram; 99 kcal, 24,7 gr cho, 0,2 gr protein, 0 yağ.
(100 gr için 330 kcal, 82,3 gr cho, 0,6 gr protein, 0 yağ)

TEREYAĞI

30 gram; 215 kcal, 0 cho, 0,3 gr protein, 24,3 gr yağ.
(100 gr için 716,6 kcal, 1 gr protein, 81 gr yağ)

SELE SİYAH ZEYTİN

40-45 gram; 83 kcal, 0,5 gr cho, 0,7 gr protein, 8,7 gr yağ.
(100 gr için 48,19 kcal, 12,04 gr cho, 1,75 gr protein, 21,75 gr yağ)

ARA ÖĞÜN

MUZ, AVAKADO DİLİMİ VE YOĞURT

Toplam enerji; 313 kcal; 42,2 gr cho, 9,4 gr protein; 15,5 gr yağ.

- 1 Muz orta boy, yaklaşık 125 gr
- Avokado, 50 gr
- Yoğurt, 200 gr



CLUB
TUANA
FETHİYE

Bisikletçi Set Menü



ÖĞLE



TAM TAHILLI EKMEK

35 gram; 79 kcal, 15 gr cho, 2,5 gr protein, 1 gr yağ.
(100 gr için 225 gr kcal, 42,85 gr cho, 7,14 gr protein, 2,85 gr yağ)

ZEYTİNYAĞLI VE PORTAKALLI TAZE ENGİNAR

Ortalama 150 gram; 160 kcal, 21 gr cho, 3 gr protein 6 gr yağ.
(100 gr için 106 kcal, 14 gr cho, 8,57 protein, 4 gr yağ)

SEBZELİ VE ARPA ŞEHİRİYELİ TAVUK ÇORBASI

100 gram; 117 kcal, 6,8 gr cho, 8,5 gr protein, 4,7 gr yağ.
(100 gr için 117 kcal, 6,8 gr cho, 8,5 gr protein, 4,7 gr yağ)

KAPYA BİBERLİ KÖZ PATLICAN SALATASI

90 kcal, 6 gr cho, 2,7 gr protein, 5,5 gr yağ.
(100 gr için 4,39 cho, 1,31 gr protein, 2,68 gr yağ) Biber 50-75 gr, Patlıcan 150 gr, 5 gr zeytin yağı

YOĞURT

200 gram; 122 kcal, 9,3 gr cho, 6,9 gr protein, 6,5 gr yağ.
(100 gr için 61 kcal, 4,65 gr protein, 3,25 gr yağ)

IZGARA TAVUK GÖĞSÜ VE IZGARA MEVSİM SEBZELERİ

339 kcal, 7 gr cho, 53 gr protein, 8,2 gr yağ.
(100 gr için 123,2 kcal, 2,54 gr cho, 19,27 gr protein, 2,98 gr yağ)
Tavuk için gramaj 175 gram, Sebzeler için 100 gram

MEVSİM MEYVELERİ TABAĞI

Ortalama 150 gram karışık mevsim meyvesi; 65 kcal, 15 gr cho, 0,5 gr protein.
(100 gr için 43,3 kcal, 10 gr cho, 0,33 gr protein)



ARA ÖĞÜN



BADEMLİ VE FINDIKLI KURU MEYVE TABAĞI

341 kcal, 23,1 gram cho, 8,2 gram protien, 25,5 gram yağ.
(100 gr için 174,8 kcal, 4,2 gr protein, 13,07 gr yağ)
• Fındık 20 gr, Badem 25 gr, Meyve 150 gr



Bisikletçi Set Menü



AKŞAM



ESMER EKMEK

27-30 gram; 75 kcal, 13 gr cho, 3 gr protein, 1 gr yağ.
(100 gr için 250 kcal, 43,3 gr cho, 10 gr protein, 3,33 gr yağ)

TARHANA ÇORBASI

1 kase ortalama 200 gram; 121 kcal, 10 gr cho, 4,6 gr protein, 6,5 gr yağ.
(100 gr için 60,5 kcal, 5 gr cho, 2,3 gr protein, 3,25 gr yağ)

KİNOALI AKDENİZ SALATASI

200 gram için; 235 kcal, 3 gr cho, 7,5 gr protein, 9,5 gr yağ.
(100 gr için 117,5 kcal, 1,5 gr cho, 2,75 gr protein, 4,75 gr yağ)

BONFİLE VE HAŞLANMIŞ MEVSİM SEBZELERİ

271 kcal, 6 gr cho, 32 gr protein, 14 gr yağ.
(100 gr için 108,4 kcal, 2,4 gr cho, 12,8 gr protein, 5,6 gr yağ) • Bonfile için 150 gr, Sebzeler için 100 gr

FIRINLANMIŞ

150 gram; 22 gr cho, 3 gr protein, 3 gr yağ.
(100 gr için 14,6 cho, 2 gr protein, 2 gr yağ)

FIRINDA SÜTLAÇ

100 gram; 133 kcal, 22,8 gr cho, 3 gr protein, 2,6 gr yağ.
(100 gr için 133 kcal, 22,8 gr cho, 3 gr protein, 2,6 gr yağ)

MEVSİM MEYVELERİ TABAĞI

300 gram; 164 kcal, 36,5 gr cho, 1,5 gr protein, 1 gr yağ.
(100 gr için 54,6 kcal, 12,1 gr cho, 0,5 gr protein, 0,3 gr yağ)



CLUB
TUANA
FETHİYE

Bisikletçi İçecek Menü

ALKOLSÜZ İÇECEKLER

SU (0,5LT)
SU (1,5LT)
SODA
AYRAN
LİMONATA
SOĞUK ÇAY
FANTA
SPRITE
COCA COLA
COCA COLA ZERO
ENERJİ İÇECEĞİ
TONİK

MEYVE SUYU

ŞEFTALİ SUYU
PORTAKAL SUYU
VİŞNE SUYU
ELMA SUYU
ANANAS SUYU
TAZE PORTAKAL SUYU

SICAK İÇECEK

ÇAY
KAPUÇİNO
ESPRESSO
GRANÜL KAHVE
ÇEKİRDEK KAHVE
FİLTRE KAHVE
SICAK ÇİKOLATA

BİTKİ ÇAYLARI

ELMA ÇAYI
KUŞBURNU ÇAYI
YEŞİL ÇAY
PAPATYA ÇAYI
IHLAMUR ÇAYI
ADA ÇAYI
KIŞ ÇAYI
REZENE ÇAYI

Cyclist Set Menu

🌿 BREAKFAST 🌿

TOASTED WHOLE WHEAT BREAD

25-27; 54 kcal; 12 grams cho, 1,5 grams protein, 0,3 grams fat.
(100 grams; 216 kcal, 48 grams cho, 6 grams protein, 1,2 grams fat)

ORGANIC EGG AND VEGETABLE OMELET

Content is valid for 1 medium egg 100 gr chopped vegetables and about 5 grams fat. 147 kcal, 2 grams cho, 11 grams protein, 11 grams fat. (100 grams; 147 kcal, 2 grams cho, 11 grams protein, 11 grams fat)

RAW MILK FETA WHITE CHEESE

50 grams; 130 kcal, 2 grams cho, 7 grams protein, 10,5 grams fat.
(100 grams; 260 kcal, 4 grams cho, 14 grams protein, 21 grams fat)

KASHKAWAL CHEESE

30 grams; 106 kcal, 0,5 gr cho, 8,1 grams protein, 8 grams fat.
(100 grams; 28,30 kcal, 1,7 grams cho, 27 grams protein, 26,6 grams fat)

BOILED EGG

1 medium [M] size 55-65 grams, 78 kcal, 0,5 gram cho, 6,3 grams protein, 5,1 grams fat.
(100 grams; 78 kcal, 0,5 gram cho, 6,3 grams protein, 5,1 grams fat)

SMOKED SALMON

100 grams; 117 kcal, 0 cho, 18,28 grams protein, 4,32 grams fat.
(100 grams; 117 kcal, 0 cho, 18,28 grams protein, 4,32 grams fat)

HONEY COMB

30 grams; 99 kcal, 24,7 grams cho, 0,2 gram protein, 0 fat.
(100 grams; 330 kcal, 82,3 grams cho, 0,6 gram protein, 0 fat)

BUTTER

30 grams; 215 kcal, 0 cho, 0,3 gram protein, 24,3 grams fat.
(100 grams; 716,6 kcal, 1 gram protein, 81 grams fat)

SADDLE BLACK OLIVES

40-45 grams; 83 kcal, 0,5 gram cho, 0,7 gram protein, 8,7 grams fat.
(100 grams; 48,19 kcal, 12,04 grams cho, 1,75 grams protein, 21,75 grams fat)

🌿 SNACK 🌿

BANANA, AVOCADO SLICED AND YOGURT

Total energy; 313 kcal; 42,2 grams cho, 9,4 grams protein, 15,5 grams fat

- Banana 1 medium, 125 grams
- Avocado, 50 gr
- Yoghurt, 200 gr

Cyclist Set Menu



LUNCH



WHOLE GRAIN BREAD

35 grams; 79 kcal, 15 grams cho, 2,5 grams protein, 1 gram fat.
(100 grams; 225 gr kcal, 42,85 grams cho, 7,14 grams protein, 2,85 grams fat)

FRESH ARTICHOKES WITH OLIVE OIL AND ORANGES

Average 150 grams; 160 kcal, 21 grams cho, 3 grams protein, 6 grams fat.
(100 grams; 106 kcal, 14 grams cho, 8,57 grams protein, 4 grams fat)

CHICKEN SOUP WITH VEGETABLES AND BARLEY NOODLES

100 grams; 117 kcal, 6,8 grams cho, 8,5 grams protein, 4,7 grams fat.
(100 grams; 117 kcal, 6,8 grams cho, 8,5 grams protein, 4,7 grams fat)

ROASTED EGGPLANT SALAD WITH CAPIA PEPPER

90 kcal, 6 grams cho, 2,7 grams protein, 5,5 grams fat.
(100 grams; 4,39 grams cho, 1,31 grams protein, 2,68 grams fat)
Pepper 50-75 grams, eggplant 150 grams, 5 grams of olive oil

YOGHURT

200 grams; 122 kcal, 9,3 grams cho, 6,9 grams protein, 6,5 grams fat.
(100 grams; 61 kcal, 4,65 grams protein, 3,25 grams fat)

GRILLED CHICKEN BREAST, WITH GRILLED SEASONAL VEGETABLES

339 kcal, 7 grams cho, 53 grams protein, 8,2 grams fat.
(100 grams; 123,2 kcal, 2,54 grams cho, 19,27 grams protein, 2,98 grams fat)
Weight for chicken is 175 grams, 100 grams for vegetables

SEASONAL FRUIT PLATTER

Average 150 grams of mixed seasonal fruit;
65 kcal, 15 grams cho, 0,5 gram protein
(100 grams; 43,3 kcal, 10 grams cho, 0,33 gram protein)



SNACK



ALMOND AND HAZELNUT DRIED FRUIT PLATE

341 kcal, 23,1 grams cho, 8,2 grams protien, 25,5 grams fat.
(100 grams; 174,8 kcal, 4,2 grams protein, 13,07 grams fat)
• 20 grams of hazelnuts, 25 grams of almonds, 150 grams of fruit

Cyclist Set Menu



DINNER



BROWN BREAD

27-30 grams; 75 kcal, 13 grams cho, 3 grams protein, 1 gram fat.
(100 grams; 250 kcal, 43,3 grams cho, 10 grams protein, 3,33 grams fat)

TARHANA SOUP

1 bowl average 200 grams; 121 kcal, 10 grams cho, 4.6 grams protein, 6.5 grams fat.
(100 grams; 60,5 kcal, 5 grams cho, 2,3 grams protein, 3,25 grams fat)

MEDITERRANEAN SALAD WITH QUINOA

200 grams; 235 kcal, 3 grams cho, 7,5 grams protein, 9,5 grams fat.
(100 grams; 117,5 kcal, 1,5 grams cho, 2,75 grams protein, 4,75 grams fat)

TENDERLOIN, STEAMED SEASONAL VEGETABLES

271 kcal, 6 grams cho, 32 grams protein, 14 grams fat.
(100 grams; 108,4 kcal, 2,4 grams cho, 12,8 grams protein, 5,6 grams fat) • 150 grams for tenderloin, 100 grams for vegetables

BAKED POTATO

150 grams; 22 grams cho, 3 grams protein, 3 grams fat.
(100 grams; 14,6 cho, 2 grams protein, 2 grams fat)

OVEN BAKED RICE PUDDING

100 grams; 133 kcal, 22,8 grams cho, 3 grams protein, 2,6 grams fat.
(100 grams; 133 kcal, 22,8 grams cho, 3 grams protein, 2,6 grams fat)

SEASONAL FRUIT PLATTER

300 grams; 164 kcal, 36,5 grams cho, 1,5 grams protein, 1 gram fat.
(100 grams; 54,6 kcal, 12,1 grams cho, 0,5 gram protein, 0,3 gram fat)



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Cyclist Beverage Menu

SOFT DRINK

SPRING WATER (0,5LT)
SPRING WATER (1,5LT)
MINERAL WATER
AYRAN
LEMONADE
ICE TEA
FANTA
SPRITE
COCA COLA
COCA COLA ZERO
ENERGY DRINK
TONIC

FRUIT JUICE

PEACH JUICE
ORANGE JUICE
CHERRY JUICE
APPLE JUICE
PINEAPPLE JUICE
FRESCH ORANGE JUICE

HOT DRINK

TURKISH TEA
CAPPUCCINO
ESPRESSO
INSTANT COFFEE
CORE COFFEE
FILTER COFFEE
HOT CHOCOLATE

HERBAL TEA

APPLE TEA
ROSEHIP TEA
GREEN TEA
CHAMOMILE TEA
LINDEN TEA
SAGE TEA
WINTER TEA
FENNEL TEA