

# ESEMPIO DI DIETA CHETOGENICA DA 1400 KCAL menu giornaliero

mela  
rossa

## COLAZIONE



Omelette con feta  
e broccoli 400 kcal

3 uova



50 g di broccoli

20 g di feta



1 cucchiaino di olio  
extravergine d'oliva



## PRANZO



Petto di tacchino con  
zucchine e pesto 500 kcal

200 g di  
petto di tacchino



½ zuccina

1 cucchiaino e mezzo  
di pesto al basilico



½ cipolla

1 cucchiaino di olio  
extravergine d'oliva



## CENA



Hamburger di manzo con insalata di  
rucola, pomodori e avocado 500 kcal



120 g di hamburger di  
manzo

½ avocado



½ pomodoro

120 g di rucola



1 cucchiaino di olio  
extravergine d'oliva



# Esempio Dieta Chetogenica Per La Definizione Muscolare

**Sofia Mancini**

A decorative red circular graphic with a gradient, appearing as a partial circle or a stylized 'C' shape, located to the right of the author's name.

## **Esempio Dieta Chetogenica Per La Definizione Muscolare:**

**Dieta Keto** Sofia Mancini, 2021-05-12 Hai sentito parlare della Dieta Chetogenica Low carb e vorresti saperne di più Sei nel posto giusto In questo libro troverai consigli spiegazioni studi scientifici ed un ricettario per avvicinarti in maniera graduale a quello che sarà il tuo nuovo regime alimentare facile e sostenibile anche nel lungo periodo Vedi quando si parla di dieta spesso le persone associano tale termine a un sacrificio troppo grande da sopportare fallendo miseramente Nulla di più falso La dieta non è nient'altro che un regime alimentare quasi uno stile di vita se vogliamo che se seguito correttamente consente di raggiungere i propri obiettivi Ma qual è la causa maggiore del fallimento nelle diete La risposta IL MODO IN CUI TI APPROCCI ALLA DIETA Ti sembrerà strano ma così Per questo motivo ho deciso di mettere nero le basi della dieta chetogenica dal suo funzionamento al perché utilizzato così tanto anche da personaggi famosi Inoltre all'interno del Manuale avrai a disposizione svariate ricette chetogeniche suddivise per portata colazione spuntini e snacks primi piatti secondi piatti contorni piatti vegani ecc Inoltre in questo Libro troverai Il motivo per cui adottare una dieta iperproteica con zero carboidrati una dieta sicura per la tua salute e che ti permette di eliminare grasso in eccesso Perché la dieta chetogenica così famosa e funzionale Sfatati alcuni falsi miti sulla Dieta Chetogenica nella sezione FAQ come ad esempio quanti chili si possono perdere seguendo una dieta chetogenica per quanto tempo bisogna seguire la dieta chetogenica se la dieta chetogenica può aumentare i livelli di colesterolo ecc Non importa quante volte sei caduto l'importante è rialzarsi e ti assicuro che questa volta quella buona E ricorda che Se qualcosa non ti piace cambiala Se non puoi cambiarla cambia il tuo atteggiamento Non lamentarti Maya Angelou Ordina ORA la tua copia e preparati a indossare quel paio di jeans rimasto nell'armadio perché non ti andava

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