ESEMPIO DI DIETA CHETOGENICA DA 1400 KCAL

menu giornaliero



Omelette con feta e broccoli 400 kcal





Petto di tacchino con zucchine e pesto 500 kcal



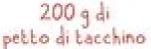
Hamburger di manzo con insalata di rucola, pomodori e avocado 500 kcal

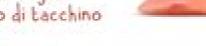


20 q di feta



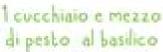
50 q di broccoli







1/2 zucchina







1/2 cipolla

Cucchiaio di olio extravergine doliva



120 q di hamburger di Manzo







1/2 pomodoro

120 g di rucola



1 cucchiaio di olio extravergine doliva



1 cucchiaio di olio extravergine doliva



Esempio Dieta Chetogenica Per La Definizione Muscolare

Sofia Mancini

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 pi Sei nel posto giusto In questo libro troverai consigli spiegazioni studi scientifici ed un ricettario per avvicinarti in maniera graduale a quello che sar il tuo nuovo regime alimentare facile e sostenibile anche nel lungo periodo Vedi guando si parla di dieta spesso le persone associano tale termine a un sacrificio troppo grande da sopportare fallendo miseramente Nulla di pi falso La dieta non 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 la causa maggiore del fallimento nelle diete La risposta IL MODO IN CUI TI APPROCCI ALLA DIETA Ti sembrer strano ma cos Per questo motivo ho deciso di mettere nero le basi della dieta chetogenica dal suo funzionamento al perch utilizzato cos 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 Perch la dieta chetogenica cos 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 pu aumentare i livelli di colesterolo ecc Non importa quante volte sei caduto l importante sapersi rialzare 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 perch non ti andava

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