

# DIETA PLANK

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|                   | Colazione                             | Pranzo                                              | Cena                                                                    |
|-------------------|---------------------------------------|-----------------------------------------------------|-------------------------------------------------------------------------|
| <b>LUNEDI'</b>    | Caffè senza zucchero                  | 2 uova sode e spinaci poco salati                   | Una grande bistecca o tre fette di arrosto con insalata verde e sedano. |
| <b>MARTEDI'</b>   | Caffè senza zucchero e un po' di pane | 1 bistecca con insalata e frutta                    | Prosciutto cotto                                                        |
| <b>MERCOLEDI'</b> | Caffè senza zucchero e un po' di pane | 2 uova sode e insalata con pomodori                 | Prosciutto cotto e insalata                                             |
| <b>GIOVEDI'</b>   | Caffè senza zucchero e un po' di pane | 1 uovo, carote crude o bollite e formaggio svizzero | Frutta e 1 yogurt                                                       |
| <b>VENERDI'</b>   | Carote, limone e caffè senza zucchero | Pesce al vapore e pomodori                          | 1 bistecca con contorno di insalata                                     |
| <b>SABATO</b>     | Caffè senza zucchero e un po' di pane | Pollo alla griglia                                  | 2 uova sode e carote                                                    |
| <b>DOMENICA</b>   | Tè con succo di limone                | Una bistecca alla griglia e frutta                  | Tutto quello che si desidera no alcool                                  |

Dall'ottavo giorno si ricomincia la dieta per un'altra settimana, poi si può mangiare normalmente.

Durante la dieta Plank è consentito bere solo l'acqua naturale. Non si deve assolutamente usare zucchero (saccarina e simili) e non apportare variazioni del tipo "non mi piace l'uovo... mangio altri tipi di proteine."

Fate attenzione: Potrebbe insorgere del mal di testa i primi giorni della dieta. E' normale. E' a causa dei corpi chetonici che provengono dal consumo delle vostre riserve di grasso. Sono la prova che la vostra dieta funziona. Questo mal di testa può durare qualche giorno, il tempo che il vostro organismo si adatti alla loro presenza.

# **Dieta Plank Come Perdere Da 6 A 9 Chili In 2 Settimane**

**Carla Pagani**



## **Dieta Plank Come Perdere Da 6 A 9 Chili In 2 Settimane:**

**La Dieta Plank** Roberta Gallamini, 2020-11-21 Scopri come perdere fino a 9 chili kg in 15 giorni Prova la dieta Plank un regime alimentare iperproteico e low carb che permette di raggiungere velocemente i risultati desiderati di perdita di peso grazie agli studi del suo inventore il fisico Max Planck Si tratta di una dieta da seguire per sole due settimane dopo le quali potrai tornare a mangiare normalmente e seguendo alcuni accorgimenti per il mantenimento del peso non riacquisterai più i chili perduti All interno del libro capirai cos la dieta Plank quali sono gli alimenti permessi nella dieta Plank come funziona la dieta Plank il programma dettagliato per seguire la dieta Plank men di 15 giorni il programma dettagliato per la dieta Plank Vegetariana come mantenere il peso forma conquistato con la dieta Plank la dieta Scarsdale e il programma da seguire per quest altro regime alimentare l allenamento affiancabile alla dieta Plank con programma di 10 settimane l allenamento ideale da seguire per massimizzare i risultati e tanto altro Se vuoi dimagrire facilmente comincia adesso a seguire la dieta Plank e a perdere i chili di troppo Scorri verso l alto fai clic su [Acquista ora](#) e ottieni subito la tua copia **Dieta Plank** Carla Pagani, 2021-03-25 Scopri come perdere peso in due settimane con la dieta Plank e avrai un fisico da urlo Vorresti stravolgere la percezione della tua immagine corporea Ti piacerebbe eliminare il grasso in eccesso Vorresti sapere come perdere peso in 15 giorni Quante volte abbiamo desiderato perdere chili in modo rapido ed efficiente soprattutto dopo un periodo in cui la nostra alimentazione stata letteralmente fuori controllo La dieta fai da te in questi casi ha sempre portato a risultati insoddisfacenti con conseguente aumento di peso riacquistato nel giro di pochi giorni dal termine del piano alimentare che ci siamo imposti La soluzione consultare uno specialista del settore e ricorrere a diete drastiche ma funzionali che consentano successivamente il mantenimento dei risultati sperati e raggiunti La dieta plank un ottima soluzione al riguardo ricca di proteine e priva di alimenti come olio e zucchero che sarebbero nocivi per la nostra bilancia Grazie a questo libro comprenderai nello specifico in cosa consiste la dieta Plank come funziona e quali sono gli alimenti previsti nel suo men Scoprirai come perdere 9kg in due settimane quali sono le controindicazioni di questa dieta per chi perfetta e per chi invece decisamente sconsigliata Capitolo per capitolo conoscerai i motivi comuni che inducono a ricorrere alla dieta Plank apprenderai i consigli sull organizzazione dei piatti da servire a tavola e i dettagli fondamentali inerenti agli ingredienti della dieta stessa Ecco che cosa otterrai da questo libro Che cos la dieta Plank Le modalit di svolgimento della dieta Quali sono i vantaggi Da dove deriva il termine Plank Per chi indicata questa dieta Quali sono le controindicazioni Per chi sconsigliata Qual il men ufficiale I consigli sull organizzazione dei piatti I dettagli sugli ingredienti principali E molto di pi La bellezza estetica influenza inevitabilmente il mondo in cui vivi A prescindere da questo aspetto per devi dimagrire per te stesso per sentirti meglio e per acquisire maggiore fiducia in te stesso Facendo una dieta ad hoc avrai un bel fisico e una condizione psicologica migliore Vuoi raggiungere un fisico da sogno in soli 15 giorni Vuoi iniziare una dieta che consenta il mantenimento dei risultati per ben 3 anni Non aspettare e scopri subito come fare Scorri verso l alto e fai clic su [Acquista ora](#)

## Decoding **Dieta Plank Come Perdere Da 6 A 9 Chili In 2 Settimane**: Revealing the Captivating Potential of Verbal Expression

In a time characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its capability to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Dieta Plank Come Perdere Da 6 A 9 Chili In 2 Settimane**," a mesmerizing literary creation penned with a celebrated wordsmith, readers attempt an enlightening odyssey, unraveling the intricate significance of language and its enduring impact on our lives. In this appraisal, we shall explore the book is central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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