

DIETA DE LA FUERZA AEREA

LUNES:

- Desayuno: Café solo.
- Almuerzo: 2 huevos duros con un tomate.
- Cena : 200 grs. de bife con ensalada verde.

MARTES:

- Desayuno: Café con tostada integral.
- Almuerzo: Bife (200 grs.) con ensalada verde.
- Cena : 150 grs. de jamón cocido más un yogur dietético.

MIÉRCOLES:

- Desayuno: Café con tostada integral.
- Almuerzo: Lechuga, apio, tomate, porotos verdes, una naranja.
- Cena : 2 huevos duros, 100 grs. de jamón cocido.

JUEVES:

- Desayuno: Café con tostada integral.
- Almuerzo: 1 huevo duro, 1 taza cruda de zanahoria, 150 grs de queso gruyere.
- Cena : Fruta y un yogur dietético.

VIERNES:

- Desayuno: Té más tostada.
- Almuerzo: 1 taza de zanahoria cocida con 150 grs. de jamón cocido.
- Cena : 200 grs. de pescado asado, hervido o a la plancha con lechuga.

SABADO:

- Desayuno: Café.
- Almuerzo: 1/4 de pollo con ensalada.
- Cena : 2 huevos duros y una taza de zanahoria cocida.

DOMINGO:

- Desayuno: Café.
- Almuerzo: 200 grs. bife a la plancha, naranja.
- Cena : Lo que se desee, con moderación.

RECOMENDACIONES: Tomar dos litros de agua diariamente, no consumir durante las comidas, debe esperar dos horas para tomarla. Usar sacarina o edulcorante artificial. Si desea comer fruta después de las comidas debe esperar como mínimo 2 horas.

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D Keegan



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