

DIETA CRASH

✿ Al despertar (antes de hacer cualquier actividad)
1 taza de fruta de agua; sandía, papaya, piña, melón, jicama puede ser cualquiera de ellas. Mas 2 almendras o 1 nuez entera.

✿ Desayuno
1 taza de cereal de fibra
200ml de leche descremada

✿ Colación 1- Media mañana (2 horas después del desayuno)
1 pera, manzana, mango o plátano medianos más 4 almendras o 2 nueces.

✿ Colación 2-Media mañana (2 horas después)
1 taza de fruta de agua; sandía, papaya, melón, piña, jicama, puede ser cualquiera de ellas. Mas 2 almendras o 1 nuez.

✿ Comida
60gr de atún o pollo a la plancha más 2 tazas de verduras de preferencia verdes ; 1/2 aguacate mediano o 4 cucharaditas de aceite de oliva , agua natural, Jamaica, limón te o café negro sin azúcar.

✿ Colación 1-Media tarde (2 horas después de la comida)
1 pera, manzana, mango, o plátano medianos más 4 almendras o 2 nueces

✿ Colación 2-Media tarde (2 horas después)
1 taza de sandía, papaya, piña, melón jicama, puede ser cualquiera de ellas. Mas 2 almendras o 1 nuez.

✿ Cena
2 panes tostados
1/4 de taza de queso cottage
1/2 taza de cereal de fibra

✿ Al dormir (antes de lavarte los dientes e irte a dormir)
1 taza de sandía, papaya, melón, piña, jicama puede ser cualquiera de ellas. 2 almendras o 1 nuez



Dieta Del Dr Bolio Dietas Crash De Bolio A Perder Peso

Dr. Rafael Bolio



Dieta Del Dr Bolio Dietas Crash De Bolio A Perder Peso:

DIABETES Y CARBOHIDRATOS Dr. Rafael Bolio, 2024-08-17 CONTROLAR LA DIABETES CON CARBOHIDRATOS NO ES UN SUEÑO GUAJIRO ES UNA REALIDAD BASADA EN DESCUBRIMIENTOS CIENTÍFICOS RECIENTES De qué carbohidratos estamos hablando Uno es el helado no dietético el otro son los chocolates y hay muchos más Esto es solo la punta del iceberg Este libro te da las siguientes herramientas Identificar con claridad en qué artículos científicos puedes confiar y cuáles ignorar Prevenir los picos de glucosa y mantener niveles estables Incorporar un hábito que puede reducir la glucosa en minutos Está a minutos de lograr un mejor control de tu glucosa Conocer qué bebidas alcohólicas pueden reducir el riesgo de diabetes y qué cantidad debes beber Descubrir lo que dice la ciencia sobre el helado y el chocolate y cómo usarlos para prevenir y controlar la diabetes Agregar frutas que reducen el riesgo de desarrollar diabetes y limitar las que lo aumentan Esto y mucho más Descubre cómo este libro elimina la confusión y ofrece una guía clara adaptada a tus necesidades Un enfoque flexible y sostenible puede ayudarte a realizar cambios duraderos sin sentirte privado o restringido Imagina un futuro en el que prevenir y controlar la diabetes puede ser muy fácil Por cierto si tienes amistades en el ramo de la salud regálales una copia y te lo van a agradecer por el resto de su vida Si deseas unirte a miles y miles de personas de todo el mundo que ya CONTROLAN SU DIABETES CON CARBOHIDRATOS haz click arriba Es así de fácil

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