



Esempio di dieta dissociata



	Lunedì	Martedì	Mercoledì	Giovedì	Venerdì	Sabato	Domenica
Colazione	Cappuccino preparato con latte scremato (senza zucchero)	Frullato di frutta + 1 tazza di caffè o tè verde (senza zucchero)	1 yogurt magro + 1 tazza di caffè o tè verde (senza zucchero)	Cappuccino preparato con latte scremato (senza zucchero)	Frullato di frutta + 1 tazza di caffè o tè verde (senza zucchero)	1 yogurt magro + 1 tazza di caffè o tè verde (senza zucchero)	Frullato di frutta + 1 tazza di caffè o tè verde (senza zucchero)
Pranzo	80 g di pasta integrale con sugo di pomodoro e basilico	80 g di farro integrale con brunoise di melanzane e mentuccia fresca	80 g di riso integrale con filetti di cavolo viola	Patata al forno al profumo di rosmarino con ginzimonio di verdure	80 g di pasta integrale con julienne di zucchine saltate	80 g di riso integrale con funghi shiitake	80 g di insalata di orzo integrale con dadolata di verdure miste
Spuntino	Spremuta di pompelmo (non zuccherata)	1 frutto fresco di stagione	Centrifugato di verdura	Spremuta di arancia (non zuccherata)	1 frutto fresco di stagione	Verdura fresca a bastoncini	Centrifugato di frutta
Cena	Orata al cartoccio con girondo di verdura grigliata	Scaloppine al limone con julienne di carote e zucchine al lime	Filetto di tonno scottato con coriandoli di verdura saltata	Zuppa di fagioli borlotti e cruditè di verdura	Polpo bollito o calamaro grigliato con ventaglio di verdura	Petto di pollo o tacchino al cartoccio con insalata di pomodori, cipolla rossa e fogliette di menta fresca	2 uova morbide su letto di spinacio, spinacini e petali di carciofo

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S Nieto

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