

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.

MIERCOLES:

- 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.

Dieta De La Fuerza Aerea Rusa Se Baja 10 Kg En 14 Dias

VM Jensen



Dieta De La Fuerza Aerea Rusa Se Baja 10 Kg En 14 Dias:
Expansión ,1992

Dieta De La Fuerza Aerea Rusa Se Baja 10 Kg En 14 Dias Book Review: Unveiling the Magic of Language

In a digital era where connections and knowledge reign supreme, the enchanting power of language has are more apparent than ever. Its ability to stir emotions, provoke thought, and instigate transformation is actually remarkable. This extraordinary book, aptly titled "**Dieta De La Fuerza Aerea Rusa Se Baja 10 Kg En 14 Dias**," published by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound affect our existence. Throughout this critique, we will delve in to the book is central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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