Al despertar (antes de hacer cualquier actividad)

1 taza de fruta de agua; sandia, papaya, piña, melón, jícama puede ser cualquiera de ellas. Mas 2 almendras o 1 nuez entera.

Desayuno
1 baza 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 baza de truba 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 jícama, 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 dietes e irte a dormir)

1 taza de sandía, papaya, melón, piña, jícama puede ser cualquiera de ellas. 2 almendras o 1 nuez

<u>Dieta Del Dr Bolio Dietas Crash De Bolio A Perder Peso</u>

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 SUE O GUAJIRO ES UNA REALIDAD BASADA EN DESCUBRIMIENTOS CIENT FICOS RECIENTES De qu carbohidratos estamos hablando Uno es el helado no diet tico el otro son los chocolates y hay muchos m s Esto es solo la punta del iceberg Este libro te dar las siguientes herramientas Identificar con claridad en qu art culos cient ficos puedes confiar y cu les ignorar Prevenir los picos de glucosa y mantener niveles estables Incorporar un h bito que puede reducir la glucosa en minutos Est a minutos de lograr un mejor control de tu glucosa Conocer qu bebidas alcoh licas pueden reducir el riesgo de diabetes y qu cantidad debes beber Descubrir lo que dice la ciencia sobre el helado y el chocolate y c mo 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 m s Descubre c mo este libro elimina la confusi n y ofrece una gu a 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 f cil Por cierto si tienes amistades en el ramo de la salud reg lales 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 as de f cil

Dieta Del Dr Bolio Dietas Crash De Bolio A Perder Peso Book Review: Unveiling the Magic of Language

In an electronic digital era where connections and knowledge reign supreme, the enchanting power of language has be more apparent than ever. Its power to stir emotions, provoke thought, and instigate transformation is truly remarkable. This extraordinary book, aptly titled "**Dieta Del Dr Bolio Dietas Crash De Bolio A Perder Peso**," written by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound impact on 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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