

DIETA PLANK

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	Colazione	Pranzo	Cena
LUNEDI'	Caffè senza zucchero	2 uova sode e spinaci poco salati	Una grande bistecca o tre fette di arrosto con insalata verde e sedano.
MARTEDI'	Caffè senza zucchero e un po' di pane	1 bistecca con insalata e frutta	Prosciutto cotto
MERCOLEDI'	Caffè senza zucchero e un po' di pane	2 uova sode e insalata con pomodori	Prosciutto cotto e insalata
GIOVEDI'	Caffè senza zucchero e un po' di pane	1 uovo, carote crude o bollite e formaggio svizzero	Frutta e 1 yogurt
VENERDI'	Carote, limone e caffè senza zucchero	Pesce al vapore e pomodori	1 bistecca con contorno di insalata
SABATO	Caffè senza zucchero e un po' di pane	Pollo alla griglia	2 uova sode e carote
DOMENICA	Tè con succo di limone	Una bistecca alla griglia e frutta	Tutto quello che si desidera no alcool

Dall'ottavo giorno si ricomincia la dieta per un'altra settimana, poi si può mangiare normalmente.

Durante la dieta Plank è consentito bere solo l'acqua naturale. Non si deve assolutamente usare zucchero (saccarina e simili) e non apportare variazioni del tipo "non mi piace l'uovo... mangio altri tipi di proteine."

Fate attenzione: Potrebbe insorgere del mal di testa i primi giorni della dieta. E' normale. E' a causa dei corpi chetonici che provengono dal consumo delle vostre riserve di grasso. Sono la prova che la vostra dieta funziona. Questo mal di testa può durare qualche giorno, il tempo che il vostro organismo si adatti alla loro presenza.

Dieta Plank Come Perdere Da 6 A 9 Chili In 2 Settimane

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