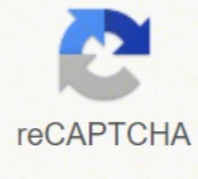




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Dieta cetogenica menu pdf gratis



	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
DESAYUNO	Tortilla de queso, espinacas y aceitunas negras	Crepes con mantequilla de almendra	Huevos fritos con bacon	AYUNO 16h	Wraps de salmón ahumado y aguacate	Tartar de atún	AYUNO 18-20h
COMIDA	Coctel de gambas y aguacate	Lomo de salmón con salsa holandesa	Trasero de pollo con guacamole	Crepes de Keto-Nutella	Brochetas de chorizo y gambas	Risotto cremoso de coliflor y albahaca	Hamburguesas de hongos portobello Macetas de chocolate
CENA	Pasta de calabacín a la Alfredo	Ensalada caprese con Pesto	Sardinias horneadas con bacon y alioli	Rib-Eye con Keto-Coleslaw	Ensalada Keto-griega	Hígado de ternera encebollado	
	Macros % g	Macros % g	Macros % g	Macros % g	Macros % g	Macros % g	Macros % g
GRASA	72% 168	77% 189	76% 187	71% 141	75% 183	72% 149	74% 109
CARBOHIDRATO TOTAL	10% 50	6% 35	8% 42	9% 40	8% 41	9% 43	9% 29
PROTEÍNA	18% 94	16% 89	17% 92	20% 90	17% 93	19% 86	17% 57
CALORÍAS DIARIAS	2085	2200	2224	1788	2188	1858	1327



	Ataque	Crucero	Consolidación	Estabilización
Alimentos autorizados	72 proteínas a voluntad	+ 28 verduras a voluntad	+ fruta, feculentos, pan, queso	Libre, equilibrio alimenticio recomendado
Pérdida de peso esperada	entre 1,5 y 4 kg en esta fase	1 kg semanal de promedio		
Duración	entre 2 y 7 días	7 días por kilo que perder	10 días por kilo perdido	De por vida
Cantidad de salvado de avena(cucharada /día)	1,5	2	2,5	3
Actividad física(duración/día)	20 min	30 min	25 min	20 min



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Nothing could be easier! Keto's dinner includes healthy fats and at the same time is no like calico as dinner dishes, thanks to this is not a heavy meal. You can evoke really delicious ketogenic dishes with them! To eat in Keto: Keto meals a ketogenic menu is a plan where meals created with the help of ketogenic products constitute a coherent. The Ketogenic diet menu is based on the use of ingredients that can be used to create meals that adapt to the ketogenic diet principles. This is a great way to start the day: this type of breakfast, unlike carbohydrate breakfasts, guarantees a feeling of satiety for a long time, which helps reduce the peak before dinner, and also s uses us No risk of sudden descent of blood sugar levels. That eating with keto: ketogenic foods The ketogenic menu includes ketogenic meals developed with ingredients of the maximum quality of proven sources, preferably ecological. Set of peogated diet: Many people lunches, regardless of the type of diet, make the base error to compose and eat dishes. You could already know from the experience that there is nothing worse than a boring meal or eating the same more and more times in a sorce diet; Fortunately, Keto is an excellent diet for a flat stomach that can continue surprising it with delicious dishes. The FCTUS menu consists properly is the basis of the success of a ketogenic diet. A secretly composite keto menu includes lunches that will be nutritious and, thanks to healthy fats, they will give you a feeling of satiety at dinner. In general, these are foods rich in fat and low carbohydrates, healthy sources of protein à €

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