

SEGUNDA SEMANA/ CUARTA SEMANA

	Desayuno	Almuerzo	Merienda 1	Cena	Merienda 2
Día 8 Lunes Ejercicio: Aeróbic	2 rebanadas de jamón de pavo 120g de requesón semi-descremado 120g de arándanos Té verde	1 lata de atún en agua 1 plato de sopa de lentejas Ensalada de lechuga, tomate y cebolla morada preparada con aceite de oliva y jugo de limón Té verde	60g de salmón ahumado Rebanada delgada de melón	160g de ostión con ajo y perejil y 120g de garbanzos 120g de porotos verdes hervidos Té verde	2 rebanadas de pechuga de pavo 4 aceitunas verdes 1 manzana
Día 9 Martes Ejercicio: Pesas	Omelette de 3 o 4 claras y una yema ½ taza de avena tradicional hervida 3 avellanas Té verde	60g de ensalada de ostiones preparada con aceite de oliva, jugo de limón, cebolla morada y eneldo 120g de ensalada de tres legumbres Té verde	60g de salmón ahumado 4 aceitunas negras 3 hojas de endivia	170g de salmón a la parrilla 1 plato de sopa de verduras con frijoles Ensalada de lechuga preparada con aceite de oliva y jugo de limón 120g de frutas Té verde	120g de requesón 120g de fresas 4 nueces
Día 10 Miércoles Ejercicio: Aeróbic	2 rebanadas de jamón de pavo 175g de yogur natural 120g de fresas 3 almendras Té verde	115-170g de pollo a la parrilla Un plato de sopa de verdura y cebada Ensalada verde con tomate Rebanada delgada de melón Té verde	1 huevo duro Rebanada delgada de melón 4 almendras	175g de filete de reineta a la parrilla Ensalada (rúcula, achicoria y endivias) con 120g de porotos o soya, preparada con aceite de oliva y jugo de limón Espinacas sauteadas Té verde	2 Rebanadas de pechuga de pollo o pavo 4 nueces 1 durazno pequeño
Día 11 Jueves Ejercicio: Pesas	115g de salmón ahumado 85g de yogur natural 1 rodaja de tomate Rebanada delgada de melón Té verde	170g de carne de jibia preparada con una cucharada de mayonesa 1 plato de sopa de lentejas Ensalada de lechuga con aceite de oliva y jugo de limón Té verde	1 huevo duro 4 tomates cherry 4 nueces	170g de pechuga de pollo asado Almejas con 120g de berenjena a la parrilla con rodajas de tomate encima y una cucharada de queso de parmesano Té verde	120g de requesón semi-descremado 120g de arándanos 4 avellanas
Día 12 Viernes Ejercicio: Aeróbic	Huevos revueltos (3 claras y 1 yema) con cebolla y pimienta verde 2 rebanadas de jamón de pavo Rebanada delgada de melón Té verde	85-140g de ensalada de pollo mezclado con cebolla morada y apio preparada con aceite de oliva y jugo de limón servida sobre un fondo de lechuga Tomates en rodajas 1 plato de sopa de verduras con pollo Té verde	120g de yogur natural 120g de arándanos 1 cucharadita de almendras	170g de salmón a la parrilla Ensalada de lechuga, palta y cebolla apio, preparada con aceite de oliva y jugo de limón Zapallitos Italianos y champiñones a la parrilla Té verde	60g de salpicón de atún en agua con cebolla apio, pimienta y mostaza o un poco de mayonesa si se desea 4 almendras 1 pera
Día 13 Sabado Ejercicio: Aeróbic	60-115g de salmón ahumado 120g de yogur natural 1 cucharada de nueces 120g de arándanos Té verde	Pechuga de pollo a la parrilla Ensalada verde con 120g de porotos Espárragos al vapor Té verde	1 huevo duro Rebanada delgada de melón 4 nueces	170g de atún en filete 120g de zapallitos Italianos, berenjena y pimienta rojo o verde a la parrilla con un poco de aceite de oliva y una cucharada de queso parmesano Salsa de tomate (en lo posible recién hecha) Té verde	2 rebanadas de pechuga de pavo 4 aceitunas verdes 4 tomates cherry
Día 14 Domingo Ejercicio: Relajación	Omelette con 3 o 4 claras y 1 yema y unos cuantos champiñones en rodajas ½ taza de avena tradicional hervida 1 cucharada de almendras Rebanada delgada de melón Té verde	85-115g de al agua en conserva Ensalada de lechuga con 120g de porotos cocidos, 75g de queso feta, 4 tomates cherry y un poco de cebolla morada preparada con aceite de oliva y jugo de limón Té verde	Rebanada de pechuga de pavo 4 avellanas Rebanada delgada de melón	4 gambas grandes a la parrilla, a la plancha o al horno con champiñones, cebolla y tomates cherry 1 plato de sopa de verduras Ensalada de lechuga con aceite de oliva y jugo de limón Té verde	75g de requesón semi-descremado 4 almendras ½ pera

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