

HAPPY DIET!

MENU SETTIMANALE VEGANO

LUNEDÌ

Colazione

Pane integrale con un cucchiaino di crema di sesamo e tè verde

Pranzo

Un bel piatto di riso integrale con verdure saltate in poco olio e 2 cucchiaini di lenticchie. Un dolce naturale a merenda (vedi sotto di che si tratta!)

Cena

Crema di carote (cipolla + carote cotte in brodo e frullate) con un burger vegetale

MARTEDÌ

Colazione

Galette di riso con un velo di marmellata

Pranzo

Un bel piatto di miglio (lavato e cotto 20 minuti) con verdure cotte in poco olio, insalata di lenticchie con carote grattugiate e rucola

Cena

Hummus di ceci con una fetta di pane integrale, asparagi e carote al vapore

GIOVEDÌ

Colazione

Fette biscottate integrali, 2-3 noci, tè verde
Pasta integrale con crema di tofu e broccoletti (scotta tofu e broccoletti 4 min in acqua bollente, frulla con un filo d'olio, sale e pepe), insalata di verdure crude condite con senape, salsa di soia e succo di arancia. Un dolce naturale a merenda

Pranzo

Cena

Hummus di piselli, qualche galletta di mais integrale, coste o bietole

SABATO

Colazione

Frullato di frutta + qualche mandorla tostata

Pranzo

Un bel piatto di riso integrale ai funghi e zafferano (ammolla il riso una notte, il giorno dopo fai il risotto in 20 minuti) contorno di finocchi al vapore. Un dolce naturale a merenda

Cena

Zuppa di miglio con fagioli e verdure

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MERCOLEDÌ

Colazione

Porrige di avena (avena + un pizzico di sale + latte vegetale e acqua fin ad avere una crema) con una manciata di frutta secca

Pranzo

Pasta integrale con pesto di spinaci (al vapore e frullati con un cucchiaino d'olio) qualche fetta di tempeh scottato in padella e zucchine saltate in poco olio

Cena

Minestrone di verdure con fagioli e crostacei di pane integrale

VENERDÌ

Colazione

Crema di riso con un cucchiaino di miele (stracuoci il riso per 2 ore fino a avere una crema)

Pranzo

Farro integrale con ragù di lenticchie rosse decorticcate (cipolla + lenticchie rosse + salsa di pomodoro o barbabietola frullata). Un dolce naturale a merenda

Cena

Crema di fave con cicorie

DOMENICA

Colazione

Crepes con nocciole tostate tritate e tè verde

Pranzo

Orzo perlato in insalata con rucola, cubetti di carota e cimie di broccoletti scottati, crauti in salamoia, condito con senape, salsa di soia e succo di arancia

Cena

Farinata di ceci (farina di ceci + acqua 1:3), cavolo cappuccio spadellato e carote al vapore. Un dolce naturale

Non costituisce parere medico

Dieta Vegetariana Per Dimagrire 10 Kg

Cristina Grande, Federico Vignati



Dieta Vegetariana Per Dimagrire 10 Kg:

Junior Enciclopedia, 1974 **La dieta vegetariana** Vittorio Caprioglio, 2015-05-06 Una nuova filosofia alimentare che cambier il tuo modo di mangiare e ti far dimagrire in armonia con la Natura Pochi grassi molte fibre minerali e vitamine l'alimentazione vegetariana fornisce tutto quello che serve per aiutarti a perdere i chili di troppo In questo libro abbiamo raccolto ci che c da sapere per nutrirti senza carenze per scegliere e combinare gli alimenti in modo da dimagrire senza patire la fame Scoprirai gli errori da evitare e i consigli furbi per fare la spesa e per organizzare la tua dispensa in chiave vegetariana In pi troverai le diete e i programmi alimentari preparati dai nostri esperti che ti accompagneranno passo passo nel percorso di dimagrimento *La dieta del monaco buddista* Cristina Grande, Federico Vignati, 2016-05-11 La dieta del monaco buddista di Cristina Grande e Federico Vignati il libro che sfata tanti falsi miti sull'alimentazione e le tisane dei monaci buddisti per proporre una dieta detox ispirata questo s ai principi del buddismo che si possono riportare a poche essenziali regole alimentari e di vita e che permetta di dimagrire in maniera sana ed equilibrata Il segreto di una dieta che funziona riuscire a perdere peso in modo naturale e gli autori un endocrinologo e una dietista in questo volume danno consigli e indicazioni per impostare in maniera corretta e bilanciata il proprio regime alimentare Completano il volume quattro schemi dietetici da calibrare in base alle proprie esigenze e al proprio stile di vita Per perdere il peso in eccesso del corpo e dell'anima

The Enigmatic Realm of **Dieta Vegetariana Per Dimagrire 10 Kg**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing lacking extraordinary. Within the captivating pages of **Dieta Vegetariana Per Dimagrire 10 Kg** a literary masterpiece penned by a renowned author, readers set about a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting impact on the hearts and minds of people who partake in its reading experience.

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