

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

B Lingard



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

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