

# 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

Seguici su

[www.ladyveg.it](http://www.ladyveg.it)

### 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 cambierà il tuo modo di mangiare e ti farà 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 ciò che c'è 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 più 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 sì 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

## Unveiling the Magic of Words: A Overview of "**Dieta Vegetariana Per Dimagrire 10 Kg**"

In a world defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their power to kindle emotions, provoke contemplation, and ignite transformative change is actually awe-inspiring. Enter the realm of "**Dieta Vegetariana Per Dimagrire 10 Kg**," a mesmerizing literary masterpiece penned with a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve in to the book is central themes, examine its distinctive writing style, and assess its profound impact on the souls of its readers.

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web determine the lewis structure molecular geometry and polarity for molecules using lewis structures sketch molecular geometries on paper with wedges and dashes to represent their 3d shape explain how  $\pi$  bonding affects the ability of atoms to rotate about a bond relate molecular polarity to physical properties

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web molecules composed of covalently bonded atoms may also be polar or nonpolar for the molecule to be polar it must of course have polar bonds but the key factor for determining the polarity of a molecule is its shape if the polar bonds dipoles are symmetrical around the central atom they offset each other and the resulting molecule is

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web linear geometry all angles 180 degrees three regions of electron density around a central atom in a molecule form a trigonal planar geometry all angles 120 degrees four regions of electron density around a central atom in a molecule form a tetrahedral geometry all angles 109.5 degrees

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web in this investigation you will examine a theory that chemists use to explain different aspects of chemical bonding valence shell electron pair repulsion vsepr theory attention will be given to how molecules are arranged in different shapes and how chemists can predict the geometry of a given molecule