

Plan de Nutrición

Luz María Briseño - 2019



LUZ MARIA BRISEÑO
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LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SABADO	DOMINGO
Desayuno Licuado de vegetales (Zucchini, zanahoria, manzana, piña, naranja, kiwi, mango, papaya, fresas, limón, jengibre, agua de coco) Fruta: Fresa	Desayuno Licuado de vegetales (Zucchini, zanahoria, manzana, piña, naranja, kiwi, mango, papaya, fresas, limón, jengibre, agua de coco) Fruta: Piña	Desayuno Tortilla (Huevo, queso, jamón, tomate, cebolla, ajo, pimentón, sal, aceite de oliva) Fruta	Desayuno Licuado de vegetales (Zucchini, zanahoria, manzana, piña, naranja, kiwi, mango, papaya, fresas, limón, jengibre, agua de coco) Fruta: Fresa	Desayuno Licuado de vegetales (Zucchini, zanahoria, manzana, piña, naranja, kiwi, mango, papaya, fresas, limón, jengibre, agua de coco) Fruta: Fresa	Desayuno Batido de leche de almendra (Leche de almendra, azúcar, vainilla, cacao) Fruta: Kiwi	Desayuno Fruta: 3 Cítricos (naranja, limón, kiwi) Leche de soja o leche descremada 3 rebanadas
Almuerzo Copa de pollo (pollo, zanahoria, cebolla, ajo, pimentón, sal, aceite de oliva) 2 tortillas Agua de coco Mango, piña, naranja, kiwi, papaya, fresas, limón, jengibre, agua de coco	Almuerzo A la Parrilla (Pescado, vegetales, arroz, frijoles, papa, zanahoria, cebolla, ajo, pimentón, sal, aceite de oliva) Fruta: Piña	Almuerzo Licuado de vegetales (Zucchini, zanahoria, manzana, piña, naranja, kiwi, mango, papaya, fresas, limón, jengibre, agua de coco) Fruta	Almuerzo Sopa de garbanzo con vegetales (garbanzo, zanahoria, cebolla, ajo, pimentón, sal, aceite de oliva) 2 tortillas Fruta	Almuerzo Licuado de vegetales (Zucchini, zanahoria, manzana, piña, naranja, kiwi, mango, papaya, fresas, limón, jengibre, agua de coco) Fruta: Fresa	Almuerzo Ensalada de frijoles con arroz integral (frijoles, arroz integral, vegetales, queso, papaya, mango, piña, naranja, kiwi, papaya, fresas, limón, jengibre, agua de coco) Fruta: Fresa	Almuerzo Licuado de vegetales (Zucchini, zanahoria, manzana, piña, naranja, kiwi, mango, papaya, fresas, limón, jengibre, agua de coco) Fruta: Fresa
Comida Licuado de vegetales (Zucchini, zanahoria, manzana, piña, naranja, kiwi, mango, papaya, fresas, limón, jengibre, agua de coco) Fruta: Fresa	Comida Licuado de vegetales (Zucchini, zanahoria, manzana, piña, naranja, kiwi, mango, papaya, fresas, limón, jengibre, agua de coco) Fruta: Fresa	Comida Licuado de vegetales (Zucchini, zanahoria, manzana, piña, naranja, kiwi, mango, papaya, fresas, limón, jengibre, agua de coco) Fruta: Fresa	Comida Licuado de vegetales (Zucchini, zanahoria, manzana, piña, naranja, kiwi, mango, papaya, fresas, limón, jengibre, agua de coco) Fruta: Fresa	Comida Licuado de vegetales (Zucchini, zanahoria, manzana, piña, naranja, kiwi, mango, papaya, fresas, limón, jengibre, agua de coco) Fruta: Fresa	Comida Licuado de vegetales (Zucchini, zanahoria, manzana, piña, naranja, kiwi, mango, papaya, fresas, limón, jengibre, agua de coco) Fruta: Fresa	Comida Licuado de vegetales (Zucchini, zanahoria, manzana, piña, naranja, kiwi, mango, papaya, fresas, limón, jengibre, agua de coco) Fruta: Fresa
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IDEAS PARA BOCADILLOS: Comer solamente uno al día

- Bocado de entre desayuno y almuerzo: 1/2 fruta y yogurt descremada natural
- Bocado de proteína para emergencias de noche: 2 hojas de lechuga con 2 rebanadas de jamón de pavo bajo en sodio y 2 rebanadas de tomate

- Bocado durante el día: Respetón bajo en grasa y fruta
- Bocado durante el día: 1/2 manzana con 1 cucharada de crema de cacahuete o de almendra
- Bocado durante el día: 1/2 taza de queso con crema de almendra
- Bocado durante el día: 1/2 taza de sopa de garbanzo

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Los licuados de vegetales pueden tener 2 o 3 diferentes tipos de vegetales, 1/2 fruta, 1 limón con gajos y ginger. Se licua en 8oz de agua 1/2 de taza de vegetales como perejil, pepino, kale, manzana, ginger y al final se agrega 1 cucharita de aceite de oliva y se toma sin colar.

El almuerzo, de vez en cuando se puede remplazar por un licuado de proteína: 8oz de leche de soja o leche de almendras, 30g de proteína "whey" (suero) 1/2 fruta o algún tipo de berries, hielo, endulzante stevia, 1 cucharada de crema de almendras o de cacahuete o simplemente un puñado de pistachos sin sal.

Vegenaise (se consigue en las Trader Joes, Whole Foods, Gelsons, y Mothers Market).

AGUA:

No olvides tomar 8oz de agua cada hora y media, comer porciones pequeñas de cada grupo alimenticio, no malpasarte ni brincarte comidas y súper importante... no olvides hacer ejercicio.

Porciones:

Proteína: 3 a 5oz Ensalada: 1 taza de vegetales crudos y 1/2 taza a vapor Aceite de Olivo 1-2 cucharitas
2 o 3 veces al día con alimentos. Pan o Tortilla, de preferencia 1 pequeña a la vez. Arroz, pasta o granos 1/2 de taza. Si comes pan, no tortilla, pasta o papas.
Se puede cocinar a vapor, en su jugo, con adobo, empanizando, en caldo, sopas o purés.



Dieta De Luz Maria Briseno

N Noddings



Dieta De Luz Maria Briseno:

Reviewing **Dieta De Luz Maria Briseno**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is actually astonishing. Within the pages of "**Dieta De Luz Maria Briseno**," an enthralling opus penned by a highly acclaimed wordsmith, readers attempt an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve in to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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