

GIORNO 1	GIORNO 2	GIORNO 3	GIORNO 4	GIORNO 5
Colazione	Colazione	Colazione	Colazione	Colazione
Tè verde non zuccherato 8 mandorle	Tè verde non zuccherato 8 mandorle	Tè verde non zuccherato 8 mandorle	Tè verde non zuccherato 8 mandorle	Tè verde non zuccherato 8 mandorle
Pranzo	Pranzo	Pranzo	Pranzo	Pranzo
300 gr di zucchine cucinate con 1 cucchiaino di olio, aglio, capperi, origano, mischiate in insalata con 200 gr di pomodorini, con aggiunta di un po' di sale e 1 cucchiaino di olio	200 gr di broccoletti lessati, 300 gr di finocchi crudi tagliati finissimi e 2 pomodorini insalata, conditi con 1 cucchiaino di olio e un pizzico di sale	300 gr di peperoni gialli cotti e fatti marinare con 1 cucchiaino di olio, aglio e prezzemolo tritato, un pizzico di sale. Un'insalatina con 50 gr di radicchio e 50 gr di pomodorini, un pizzico di sale e mezzo cucchiaino di olio	300 gr di peperoni gialli cotti e fatti marinare con 1 cucchiaino di olio, aglio e prezzemolo tritato, un pizzico di sale. 300 gr di spinaci lessati al vapore con mezzo cucchiaino di olio e un pizzico di sale	300 gr di coste lessate al vapore condite con 1 cucchiaino scario di olio e un pizzico di sale. 200 gr di melanzane grigliate condite con un pizzico di sale, aglio, prezzemolo tritato e 1 cucchiaino scario di olio
4 olive tagiasche e 1 noce	4 olive tagiasche e mezza noce	4 olive tagiasche e mezza noce	4 olive tagiasche e mezza noce	4 olive tagiasche e mezza noce
Merenda	Merenda	Merenda	Merenda	Merenda
Tè verde o nero non zuccherato	Tè verde o nero non zuccherato	Tè verde o nero non zuccherato	Tè verde o nero non zuccherato	Tè verde o nero non zuccherato
Cena	Cena	Cena	Cena	Cena
Minestra di verdure: - 100 gr cipolla - 200 gr carote - 200 g zucca - 100 g zucchine - 100 g erbette condita con un pizzico di sale e 1 cucchiaino di olio; insalata di 100 gr di radicchio, 100 grammi di pomodorini, 100 gr di carote grattugiate, 1 cipollotto piccolissimo tagliato fine, un pizzico di sale e 1 cucchiaino di olio	Minestra di verdure come giorno 1 insalata mista con 100 gr di radicchio, 200 gr di pomodorini, 200 gr di carote grattugiate, 1 cipollotto piccolissimo tagliato fine, un pizzico di sale e 1 cucchiaino di olio	Minestra di verdure: - 100 gr cipolla - 200 gr carote - 200 g zucca - 100 g zucchine - 200 g verza condita con un pizzico di sale e 1 cucchiaino di olio insalata di 50 gr di radicchio, 50 grammi di pomodorini, 1 cipollotto piccolissimo tagliato fine, un pizzico di sale e 1 cucchiaino di olio	Minestra di verdure come giorno 3 insalata mista con 100 gr di radicchio, 200 gr di pomodorini, 200 gr di carote grattugiate, 1 cipollotto piccolissimo tagliato fine, un pizzico di sale e 1 cucchiaino di olio	Minestra di verdure come giorno 3 insalata mista con 100 gr di radicchio, 200 gr di pomodorini, 200 gr di carote grattugiate, 300 gr di finocchi crudi condita con un un pizzico di sale e 1 cucchiaino scario di olio
2 olive tagiasche e 1 noce	2 olive tagiasche e 1 noce	2 olive tagiasche e 1 noce	2 olive tagiasche e 1 noce	2 olive tagiasche e 1 noce
nota: la minestra è stata fatta una volta sola per la cena dei giorni 1 e 2 raddoppiando le dosi delle verdure		nota: la minestra è stata fatta una volta sola per la cena dei giorni 3, 4 e 5 triplicando le dosi delle verdure		

Dieta Mima Digiuno Dr Longo Un Esempio E Uno Schema

Riccardo Lautizi



Dieta Mima Digiuno Dr Longo Un Esempio E Uno Schema:

ANNO 2021 L'AMMINISTRAZIONE TERZA PARTE ANTONIO GIANGRANDE, Antonio Giangrande orgoglioso di essere diverso Si nasce senza volerlo Si muore senza volerlo Si vive una vita di prese per il culo Noi siamo quello che altri hanno voluto che diventassimo Facciamo in modo che diventiamo quello che noi avremmo rafforzativo di saremmo voluto diventare Rappresentare con verit storica anche scomoda ai potenti di turno la realt contemporanea rapportandola al passato e proiettandola al futuro Per non reiterare vecchi errori Perch la massa dimentica o non conosce Denuncio i difetti e caldeggio i pregi italici Perch non abbiamo orgoglio e dignit per migliorarci e perch non sappiamo apprezzare tutelare e promuovere quello che abbiamo ereditato dai nostri avi Insomma siamo bravi a farci del male e qualcuno deve pur essere diverso

Dionidream Riccardo Lautizi, 2021-04-19 Tutti abbiamo un guaritore interno con le potenzialit di rigenerare lo stato di salute Se riconosci che le malattie rappresentano una reazione normale ad un ambiente patologico o ad uno stile di vita scorretto devi anche riconoscere che il primo passo per la prevenzione e o la guarigione la conoscenza delle cause Il secondo passo rimuovere le cause per arginare gli effetti o comunque per rendere pi facile un percorso di guarigione Lautizi rivela come trasformare la tua vita seguendo delle semplici tecniche che ti permettono di aumentare giorno per giorno la tua energia vitale Nella sezione extra puoi leggere anche un importante capitolo sulla protezione antivirale di estrema attualit I CONTENUTI EXTRA DEL LIBRO DOCUMENTI PDF Come rafforzare il sistema immunitario dopo il Coronavirus Come preparare l acqua strutturata Riconoscere le 8 tossine nascoste nel cibo Il digiuno attiva le cellule staminali Come scegliere i migliori probiotici Febbre e accorgimenti naturali Cosa fare per proteggere i bambini dalle radiazioni elettromagnetiche Che cosa sono gli ioni negativi Fieno greco aiuta a migliorare la fertilit VIDEO DI APPROFONDIMENTO Come misurare il nostro elettrosmog quotidiano cellulari cordless microonde radiosveglia ecc AUDIO MEDITAZIONI Meditazione guidata di rilascio emozionale Etc Etc

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