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Soveel om van te kies

Kies van 200 resepte vir die plan, sowel as 'n opsomming van die eetplan en volledige inligting oor die reëls en beginsels van maaltyd voorbereiding op hierdie dieet.

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KATEGORIE VAN DIEET SPYSKAART	AANTAL RESEPTE
Droë Vrugte	3
Joghurt & 1 Vrug	13
Graankos & Melk	2
1 Roosterbrood & Tamatie	3
Vrugte / Vrugteslaai	12
Hoender & 1 Groente	6
Hoender & Slaai/Groente	18
Vis & Slaai/Groente	15
1 Aartappel & 1 Groente	13
Pasta en Tamatie & Uie	6
Tunaslaai	4
1 Groente	20
Komkommer & Wortels	6
2 Eiers & Sampioene	6
Rooivleis & Groente	14
Gemengde Groente	19
Sop, 1 Toast & Kaas	5
2 Eiers en Tamatie & Uie	7
1 Vrug, 6 Provitas & Kaas	4
2 Eiers & 1 Toast	7
1 Vrug, 1 Toast & Kaas	7
Sampioene & Blaarslaai	4
Drankies	6
TOTAAL	200

Dieet Vir Spastiese Dikderm

Pieter Cornelis Schoonees

A red circular graphic with a gradient, appearing as a partial circle or a stylized arrow pointing to the right, located to the right of the author's name.

Dieet Vir Spastiese Dikderm:

Woordeboek van die Afrikaanse taal Pieter Cornelis Schoonees, 2005

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