



Esempio di dieta Scarsdale



	Lunedì	Martedì	Mercoledì	Giovedì	Venerdì	Sabato	Domenica
Colazione	1 fetta di pane proteico, un pompelmo e tè caffè	1 fetta di pane proteico, un pompelmo e tè caffè	1 fetta di pane proteico, un pompelmo e tè caffè	1 fetta di pane proteico, un pompelmo e tè caffè	1 fetta di pane proteico, un pompelmo e tè caffè	1 fetta di pane proteico, un pompelmo e tè caffè	1 fetta di pane proteico, un pompelmo e tè caffè
Spuntino	Sedano o carote	Sedano o carote	Sedano o carote	Sedano o carote	Sedano o carote	Sedano o carote	Sedano o carote
Pranzo	Orata al forno, insalata verde, 1 fetta di pane proteico	Petto di pollo, peperoni, un frutto di stagione	Branzino, insalata mista lattuga, pomodorini, carote, 1 fetta di pane proteico	Una bistecca alla griglia (escludendo il grasso), cavaletti di Bruxelles, un frutto di stagione	Spigola al forno, pomodorini, 1 fetta di pane proteico	Formaggio magro (fiocchi di latte), broccoli, 1 fetta di pane proteico	Spezzatino di agnello, carote e pomodori, un frutto di stagione
Spuntino	Sedano o carote	Sedano o carote	Sedano o carote	Sedano o carote	Sedano o carote	Sedano o carote	Sedano o carote
Cena	Hamburger di manzo, pomodorini, un frutto di stagione	2 uova, fagiolini verdi, 1 fetta di pane proteico	Petto di tacchino, asparagi, un frutto di stagione	Ricotta magra, spinaci, 1 fetta di pane proteico	Fettine di maiale, rucola, un frutto di stagione	Petto di pollo alla piastra, melanzane grigliate, un frutto di stagione	Salmone, insalata verde, 1 fetta di pane proteico

Dieta Scarsdale Guida Completa Guidaconsumatore

Jiyuan Zhang



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