

Dieta vegana

esempio di menu' da 1400 Kcal

	Pranzo	Cena		
Lunedì	Insalata di farro (piatto unico): 45 g di farro (1.5C), 100 g di zucchine (IV), 100 g di melanzane (IV), 50 g di peperoni (0.5V), ceci lessati (90 g secchi, 240 g cotti) (3P) e 10 g di semi di lino macinati (1/3FS).	Pasta ai broccoli: 60 g di pasta integrale (2C), 150 g di broccoli (1.5V), 50 g di cipolla (0.5V), 2 g di timo (*). Insalata: 50 g di lattuga (0.5V), 100 g di pomodori (IV).		
Martedì	Risotto integrale: 45 g di riso (1.5C), 100 g di spinaci (IV) e 10 g di semi di lino macinati (1/3FS). Polpette di verdura: 150 g di patate (1.5V), 50 g di carote (0.5V), 100 g di cavolfiore (IV), 30 g di lenticchie (secche) (IP), 5 g di menta (*). Cavoletti di bruxelles al vapore: 100 g (IV).	Pasta al pesto di tofu: 60 g di pasta integrale (2C), 40 g di tofu sbriciolato (0.5P), 10 g di pomodori secchi (*). Fagioli ai carciofi: 45 g di fagioli corona (1.5P), 200 g di fondi di carciofo (2V).		
Mercoledì	Pasta al seitan e curry: 60 g di pasta integrale (2C), 30 g di seitan (IP), 80 g di tofu (IP), 50 g di cipolla (0.5V), 1 g di curry (*) e 10 g di semi di lino macinati (1/3FS). Zucchine trifolate: 250 g di zucchine (2.5V), 50 g di cipolla (0.5V), 2 g di timo (*)	Minestra di fagioli e bulgur: 30 g di fagioli (secchi, 80 g da cotti) (IP), 30 g di bulgur (1C), 15 g di crostini di pane (0.5C). Peperoni al forno: 250 g (2.5V).		
Giovedì	Orzotto ai porcini: 45 g di orzo (1.5C), 50 g di cipolla (0.5V) da soffriggere con 100 g di funghi porcini (IV) e 2 g di timo (*), 10 g di semi di lino macinati(1/3FS). Zucca e porri al forno: 200 g di zucca (2V), 50 g di porro (0.5V), 5 g di rosmarino (*)	Pasta aglio e olio: 60 g di pasta integrale (2C), 5 g di aglio (*), olio d'oliva (*), peperoncino (*) e 3 g di maggiorana (*). Insalata di ceci e rucola: 90 g di ceci (240 g da cotti) (3P), 10 g di prezzemolo (*), 2 g di timo (*), 10 g di rucola macinata (IV), 100 g di pomodori ciliegini (IV) e limone q.b. (*)		
Venerdì	Pasta al basilico: 60 g di pasta integrale (2C) con 40 g di tofu (0.5P) e 10 g di basilico (*), più 10 g di semi di lino macinati (1/3FS). Crema di cannellini: 45 g di fagioli cannellini (120 g cotti) (1.5P) e 3 g di timo (*). Melanzane alla piastra: 200 g di melanzane (2V), 5 g di prezzemolo tritato (*)	Risotto agli asparagi: 45 g di riso integrale (1.5C), 150 g di asparagi (1.5V), 50 g di cipolla (0.5V). Tempeh marinato: 80 g di tempeh (IP), marinato in 10 g di pomodori secchi (*), 200 g di pomodori maturi (2V) e 10 g di olive nere (*)		
Sabato	Insalata di quinoa ai peperoni: 45 g di quinoa (1.5C), 10 g di patè di olive (*), 100 g di peperoni (IV), 5 g di capperi (*), 5 g di basilico (*) e 10 g di semi di lino macinati (1/3FS). Fave stufate con cicoria: 45 g di fave (120 g cotte) (1.5P), 150g di cicoria (1.5V), 5 g di aglio (*)	Spaghetti crudisti di zuccina: 200 g di zucchine (2V), condite con un patè di 100 g di cavolo nero (IV) e 2 g di timo (*). Kamut con lenticchie: 60 g di Kamut (2.5C), 50 g di cipolla (0.5V), 45 g di lenticchie (120 g cotte) (1.5P), 2 g di cumino.		
Domenica	Farrotto ai carciofi: 45 g di farro (1.5C), 50 g di carciofi (0.5V), 50 g di cipolla (0.5V), 5 g di aglio (*) e 10 g di semi di lino macinati (1/3FS). Insalata di fagioli borlotti: 30 g di fagioli (80 g da cotti) (IP), 200 g di rape rosse (2V).	Spaghetti ai peperoni: 60 g di spaghetti integrali (2C) con 100 g di crema di peperoni (IV). Lenticchie al pomodoro: 60 g di lenticchie rosse (2P), 50 g di conserve di pomodoro (0.5V), 5 g di rosmarino (*). Insalata di verza: 50 g di verza verde (0.5V), 50 g di verza rossa (0.5V), 50 g di finocchio (0.5V), condita con limone (*) e zenzero (*)		
	Colazione	Spuntino mattina	Spuntino pomeriggio	Cena
Tutti i giorni	Latte vegetale di cereali a scelta (es. riso, avena, ecc.) addizionato con calcio, 200 ml (1C), pane integrale, 30 g (1C), spalmato con crema di frutta secca o semi, 20 g (es. tahin, crema di nocciole, ecc.) (2/3FS).	Frutta fresca: 150 g (es. 2 kiwi) (1P).	Latte vegetale di cereali a scelta (es. riso, avena, ecc.) addizionato con calcio, 200 ml (1C), popcorn, 15 g (0.5C).	Aggiungere al menù 1 cucchiaino di olio di semi di lino (1C).

Per ciascun ingrediente è riportato tra parentesi quante porzioni copre e di quale gruppo alimentare. 1C significa "1 porzione del gruppo dei Cereali", 1P è "1 porzione del gruppo dei cibi ricchi in Proteine", 1.5V è "una porzione e mezza del gruppo delle Verdure", ecc.
L'asterisco (*) indica l'utilizzo delle calorie discrezionali.
Tutti i pesi si riferiscono al prodotto crudo o, nel caso dei legumi, al legume secco, se non diversamente specificato.
Fonte: www.piattoveginfo

Dieta Vegana Dimagrante Esempio Di Menu Settimanale

Donna Rossana

A decorative red circular graphic with a gradient, partially obscured by the light blue bar, located to the right of the name 'Donna Rossana'.

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Dimagrire Con Stile! Donna Rossana, 2024-08-10 Guida Completa alla Perdita di Peso con una Dieta a Base Vegetale Scopri il segreto per perdere peso e vivere sano con la nostra guida definitiva alla dieta vegana un manuale completo progettato per aiutarti a raggiungere e mantenere i tuoi obiettivi di dimagrimento attraverso una dieta a base vegetale Che tu sia un principiante o un vegano esperto questo libro ti fornir gli strumenti e le strategie necessarie per trasformare la tua alimentazione e il tuo stile di vita Cosa Troverai in Questo Manuale Fondamenti della Dieta Vegana Comprendi cos una dieta vegana cosa puoi mangiare e cosa evitare e come bilanciare i tuoi pasti per ottenere tutti i nutrienti essenziali Macros e Nutrienti Essenziali Impara come ottenere proteine carboidrati e grassi di alta qualit dalla tua dieta vegana e scopri quali micronutrienti sono cruciali per il tuo benessere Pianificazione dei Pasti Segui le nostre indicazioni per creare un piano alimentare settimanale equilibrato calcolare le giuste porzioni e ottenere esempi di menu giornalieri che soddisfano il palato e il tuo fabbisogno nutrizionale Ricette e Idee per i Pasti Trova ispirazione con ricette deliziose e facili da preparare per colazioni nutrienti pranzi e cene veloci e snack leggeri che ti manterranno sazio e soddisfatto Evitare le Carenze Nutrizionali Scopri quali integratori potrebbero essere necessari e come riconoscere e prevenire le carenze nutrizionali comuni Superare le Tentazioni e i Momenti di Crisi Ricevi consigli pratici su come mantenere la motivazione gestire le voglie e trovare supporto nella tua comunit vegana L Importanza dell Attivit Fisica Integra esercizi efficaci nella tua routine e scopri piani di allenamento personalizzati per ottimizzare i tuoi risultati Monitorare i Progressi e Adattare la Dieta Impara come tracciare il tuo peso e le tue misure fare aggiustamenti alla tua dieta e superare gli stalli nella perdita di peso Mantenere i Risultati a Lungo Termine Trasforma la dieta vegana in uno stile di vita duraturo prevenendo il recupero del peso e adattando il piano alimentare alle tue esigenze future Ottieni non solo una guida dettagliata per dimagrire ma anche un manuale pratico per migliorare il tuo benessere complessivo Con approcci scientifici e suggerimenti pratici questo libro il compagno ideale per chiunque desideri abbracciare uno stile di vita vegano e raggiungere i propri obiettivi di salute Inizia oggi il tuo viaggio verso un corpo pi snello e una vita pi sana con i Veg Vengers

Dieta Vegana Vinny Kes, 2020-01-28 Il veganesimo sta raggiungendo sempre pi persone al mondo E ancora meglio immagina come sarebbe se riuscissi a farlo semplicemente modificando il tuo stile di vita invece di provare diverse diete alla moda che si basano solo su risultati a breve termine Dare alle persone questa possibilit esattamente il motivo per cui ho creato questo e book Dopo aver ricevuto numerose domande su dieta cucina esercizio fisico e perdita di peso ho deciso di fornire delle indicazioni che potessero essere d aiuto Questo libro indicato per chi vuole perdere peso ma anche adatto a chi desidera una manuale completo che descriva gli strumenti da avere in cucina gli ingredienti fondamentali da tenere sempre a portata di mano e i piani alimentari per affacciarsi per la prima volta alla dieta vegana A chi semplicemente alla ricerca di nuove idee questo libro offre ricette di base che sono sane economiche e facili da preparare Che cosa desiderere di pi Quindi che cosa aspetti Scorri verso l alto e fai click per

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