

	DESAYUNO	MEDIA MAÑANA	COMIDA	HERBENDA	CENA
LUNES	Leche desnatada Galletas María Integrales Zumo de naranja natural	Pera Almendras	Lentejas estofadas con verduras Lacón con aceite de oliva y pimentón Yogur desnatado	Batido de frutas casero	Puré de calabaza Merluza al horno con limón Plátano
MARTES	Leche desnatada Pan integral con aceite de oliva Fresas	Sándwich de jamón cocido bajo en grasa y queso fresco desnatado	Arroz salteado con verduras Lenguado a la plancha con espárgagos trigueros Mandarinas	Manzana	Ensalada mixta de lechuga, tomate, cebolla, zanahoria y huevo cocido Cajada
MÉRCOLES	Leche desnatada Galletas María Integrales Albaricoque	Cerezas Nueces	Ensalada de pasta con setas y canónigos Tortilla de calabacín Yogur desnatado	Bocadillo de lomo embuchado con queso para untar desnatado	Ensalada de tomate con pimientos asados y atún al natural Nectarinas
JUEVES	Leche desnatada Pan integral con aceite de oliva Manzana	Bocadillo de jamón secano reducido en sal con tomate	Arroz con pasas y piñones Salmón con verduras al papillote Pera	Plátano	Calabacín a la plancha Huevo escalfado con salsa de tomate casera Yogur desnatado
VIERNES	Leche desnatada Galletas María Integrales Zumo de naranja natural	Pan integral con aceite de oliva	Ensalada de endivias y anchovas Garbanzos secos con bacalao desmigado Manzana	Yogur desnatado con fruta troceada	Ensalada de escarola y tomate cherry Berenjenas rellenas de verduras y carne picada de cerdo Fresas
SÁBADO	Leche desnatada Pan integral con aceite de oliva, tomate natural y orégano Albaricoque	Yogur desnatado con avena	Tallarines al ajillo Solomillo con pila y pimientos rojos Cerezas	Zumo de naranja natural	Sopa de arroz y zanahoria Empanada de plato casero Yogur desnatado
DOMINGO	Leche desnatada Bizcocho casero bajo en grasa Manzana	Kiwi Avellanas	Habitas con champiñones Brocheta de pollo con verduras Yogur líquido desnatado	Batido de frutas casero	Sopa de verduras Lomo de cerdo a la plancha con patatas y zanahoria al vapor Nectarinas



2l. de agua



Se recomienda beber
2 litros de agua al día.

A la plancha



Evitar técnicas de cocción con poca
edición de grasas como la plancha o al
asado.

Al horno



2 Subarredos



Incluir en la comida y la cena 2
rebanadas de pan blanco o integral.
Utilizar aceite de oliva virgen extra para
cocinar y aliñar la carne y verduras.

Acidito de Oliva
Virgen Extra



Control de la cantidad de grasas



Menú tipo para un adulto sano con actividad
física moderada que desee controlar la
cantidad de grasas en su dieta (1800-2000
kcal/día). Las necesidades nutricionales varían
de forma individual.

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Zhe Xu



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