

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. IC significa "1 porzione del gruppo dei Cereali", IP 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

Vinny Kes



Dieta Vegana Dimagrante Esempio Di Menu Settimanale :

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

acquistare questo libro e iniziare un meraviglioso viaggio verso la vita dei tuoi sogni

Dieta Vegana Dimagrante Esempio Di Menu Settimanale : Bestsellers in 2023 The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous captivating novels captivating the hearts of readers worldwide. Lets delve into the realm of popular books, exploring the fascinating narratives that have charmed audiences this year. Dieta Vegana Dimagrante Esempio Di Menu Settimanale : Colleen Hoovers "It Ends with Us" This heartfelt tale of love, loss, and resilience has captivated readers with its raw and emotional exploration of domestic abuse. Hoover masterfully weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can triumph. Uncover the Best : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This captivating historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids compelling storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Dieta Vegana Dimagrante Esempio Di Menu Settimanale : Delia Owens "Where the Crawdads Sing" This captivating coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens crafts a tale of resilience, survival, and the transformative power of nature, captivating readers with its evocative prose and mesmerizing setting. These bestselling novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of captivating stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a brilliant and suspenseful novel that will keep you guessing until the very end. The novel is a cautionary tale about the dangers of obsession and the power of evil.

http://www.technicalcoatingsystems.ca/public/scholarship/Documents/2006_Tahoe_Q4_Owners_Manual.pdf

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