




Fase 1

DESAYUNO

 Granos
 Fruta
 Proteínas (opcional)*


SNACK

 Fruta

COMIDA

 Proteínas
 Verduras
 Granos
 Fruta

SNACK


 Fruta

CENA

 Proteínas
 Verduras
 Granos

Fase 2



DESAYUNO

 Proteínas
 Verduras


SNACK

 Proteínas
 Verduras (opcional)


COMIDA

 Proteínas
 Verduras

SNACK

 Proteínas
 Verduras (opcional)

CENA

 Proteínas
 Verduras

Fase 3





DESAYUNO

 Grasas saludables
 Proteínas**
 Verduras
 Granos
 Fruta



SNACK

 Grasas saludables***
 Verduras





COMIDA

 Grasas saludables
 Proteínas
 Verduras
 Fruta

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La Dieta Del Metabolismo

Cherie Calbom



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