

Meal Plans (Caloric restriction group)

Breakfast 9:00-10:00am

1 to 2 cups of coffee (+a finger of skim milk + water) with sucralose or stevia

Wholemeal bread 1 unit or marraqueta bread 1/2 unit without crumbs or 1 small wholemeal pita bread or ciabatta bread half a unit

Add to bread: 1 egg (with a little oil), a tablespoon of avocado + free tomato, turkey or chicken ham.

Snack 12.00

Tea with sucralose or stevia, without sugar or coffee with sucralose or stevia + light yogurt or a fruit, preferably apple, orange, pear, strawberry, raspberry, blueberry (1 cup)

Lunch 1 p.m.

Meats: consume a piece the size of your hand or a plate of tea

Red met= 1 to 2 times per week

White meat (skinless chicken) = 3 times a week

Fish: salmon, horse mackerel, tuna.

Meats must be without sauces or creams, nor should they be breaded or fried, steamed or grilled, in juice or roasted.

Vegetables: Corn, beans, peas, carrots, beets, potatoes = one tablespoon, daily

Chicory, celery, onion, asparagus, spinach, lettuce, cucumber, radish, cabbage, chard, artichoke, eggplant, broccoli, cauliflower, green beans, tomato, hearts of palm, mushrooms, pickled cucumbers: free consumption.

Cereals: legumes, rice, noodles, preparations based on potatoes or pasta, carbonada, charquicán: half a cup cooked, 2 times a week

Dessert: light jelly

Liquids: Water or light juice (powder): a large glass

Snack 3:00 p.m.

Light yogurt or

A fruit, preferably apple, orange, pear, strawberry, raspberry, 1 cup of blueberry 1 cup

Dinner 7:00 p.m.

Meats: consume a piece the size of your hand or a plate of tea, cooked

White meat (skinless chicken) = 3 times a week

Fish: salmon, horse mackerel, tuna.

Vegetables: Corn, beans, peas, carrots, beets, potatoes = one tablespoon, daily

Chicory, celery, onion, cochayuyo, asparagus, spinach, lettuce, cucumber, radish, cabbage, chard, artichoke, eggplant, broccoli, cauliflower, green beans, tomato, hearts of palm, mushrooms, pickled cucumbers: free consumption

Cereals: legumes, rice, noodles, preparations based on potatoes or pasta, carbonada, charquicán: half a cup cooked, 2 times a week

Dessert: Light jelly

Snack 9: p.m

Light jelly: free consumption

Light yogurt