

Esempio di dieta e ricette

Avoid completely

sugar and sweeteners (cereals, chocolate, ice cream, jam, ketchup, bouillon/stock cubes, carbonated drinks, fruit juice, candies, chewing gum, balsamic vinegar, canned soups, canned sauces...)
cheese and milk (smoothies, cappuccino, ice cream, chocolate...)
tomatoes, corn (corn cakes...) and **potatoes**
white flour (bread, pizza, stuffed fresh pasta, biscuits, cakes...) and **white rice** (rice cakes...)

Except days 1 and 8, if you are hungry between meals, you can eat 3/4 olives or 2/3 prunes during the day.
 After dinner, always try to drink an herbal tea (fennel, lemon and ginger, mint, liquorice, cinnamon, anise...).

14 DAYS

14 DAYS	
Day -1	at dinner: have a light meal before 9pm
Day 1 and 8	breakfast or mid-morning: 1 glass of warm water with the juice of 1 lemon squeezed and 1 coffee / tea without sugar during the rest of the day: drink at least 2 liters of water or herbal teas (without sugar)
Day 2 and 9	breakfast or mid-morning (possibly after 9am): 1 glass of warm water with the juice of 1 lemon squeezed and 1 coffee / tea without sugar and 1 whole white yogurt with 1 or 2 kiwis and 2/3 tablespoons of oats (make porridge if you like) at lunch: raw and cooked vegetables (asparagus/artichokes/carrots/Belgian salad/chicory/fennel/spinach/fennel/zucchini/celeriac/rocket/cabbage/cauliflower/cabbage/cucumber/roast/pepperoni...) at will (at least 300/400 gr) topped with extra virgin olive oil, salt, vinegar or lemon and 100 gr of dried legumes or 300 gr canned (peas, lentils, chickpeas, beans, soy...) cooked as you like at dinner: raw and cooked vegetables topped with extra virgin olive oil, salt, vinegar or lemon (at least 300/400 gr) and 200 gr of meat (chicken/turkey/pork/rabbit/veal - avoid wurstel and ham) cooked as you like
Day 3 and 10	breakfast or mid-morning: 1 glass of warm water with the juice of 1 lemon squeezed and 1 coffee / tea without sugar and 1 whole white yogurt with 1 apple and 5 walnuts or 10 almonds at lunch: raw and cooked vegetables topped with extra virgin olive oil, salt, vinegar or lemon (at least 300/400 gr) and 70 gr of raw grains (spelled, quinoa, brown rice, pasta, barley, buckwheat, millet, amaranth...) cooked as you like at dinner: raw and cooked vegetables topped with extra virgin olive oil, salt, vinegar or lemon (at least 300/400 gr) and 300 gr of fish (trout, cod, mackerel, sea bream, octopus, tuna, swordfish, cuttlefish, anchovies) cooked as you like
Day 4 and 11	breakfast or mid-morning: 1 glass of warm water with the juice of 1 lemon squeezed and 1 coffee / tea without sugar and 1 whole white yogurt with 1 pear/peach or 2 plum and 30 gr of red fruits at lunch: raw and cooked vegetables topped with extra virgin olive oil, salt, vinegar or lemon (at least 300/400 gr) and 70 gr of raw grains (spelled, quinoa, brown rice, pasta, barley, buckwheat, millet, amaranth...) cooked as you like at dinner: raw and cooked vegetables topped with extra virgin olive oil, salt, vinegar or lemon (at least 300/400 gr) and 2 poached eggs
Day 5 and 12	breakfast or mid-morning: 1 glass of warm water with the juice of 1 lemon squeezed and 1 coffee / tea without sugar and 1 whole white yogurt with 1 apple and 5 walnuts or 10 almonds at lunch: raw and cooked vegetables (asparagus/artichokes/carrots/Belgian salad/chicory/fennel/spinach/fennel/zucchini/celeriac/rocket/cabbage/cauliflower/cabbage/cucumber/roast/pepperoni...) at will (at least 300/400 gr) topped with extra virgin olive oil, salt, vinegar or lemon and 100 gr of dried legumes or 300 gr canned (peas, lentils, chickpeas, beans, soy...) cooked as you like at dinner: raw and cooked vegetables topped with extra virgin olive oil, salt, vinegar or lemon (at least 300/400 gr) and 200 gr of meat (chicken/turkey/pork/rabbit/veal - avoid wurstel and ham) cooked as you like
Day 6 and 13	breakfast or mid-morning: 1 glass of warm water with the juice of 1 lemon squeezed and 1 coffee / tea without sugar and 1 whole white yogurt with 1 or 2 kiwis and 2/3 tablespoons of oats (make porridge if you like) at lunch: raw and cooked vegetables topped with extra virgin olive oil, salt, vinegar or lemon (at least 300/400 gr) and 70 gr of raw grains (spelled, quinoa, brown rice, pasta, barley, buckwheat, millet, amaranth...) cooked as you like at dinner: raw and cooked vegetables topped with extra virgin olive oil, salt, vinegar or lemon (at least 300/400 gr) and 300 gr of salmon cooked as you like
Day 7 and 14	breakfast or mid-morning: 1 glass of warm water with the juice of 1 lemon squeezed and 1 coffee / tea without sugar and 1 whole white yogurt with 1 tablespoon of honey at lunch: raw and cooked vegetables (asparagus/artichokes/carrots/Belgian salad/chicory/fennel/spinach/fennel/zucchini/celeriac/rocket/cabbage/cauliflower/cabbage/cucumber/roast/pepperoni...) at will (at least 300/400 gr) topped with extra virgin olive oil, salt, vinegar or lemon and 100 gr of dried legumes or 300 gr canned (peas, lentils, chickpeas, beans, soy...) cooked as you like at dinner: raw and cooked vegetables topped with extra virgin olive oil, salt, vinegar or lemon (at least 300/400 gr) and 2 poached eggs



Esempio di dieta e ricette

PORRIDGE	
Fiocchi d'avena 30 gr Cannella 1 cucchiaino	
Mela tagliata a cubetti 1	Alternative
	Banana, arancia, kiwi, pera, mandarini, pompelmo...
Mandorle tritate 1 cucchiaio	Alternative
	Noci, pinoli, nocciole, arachidi...
Lamponi disidratati 1 cucchiaio	Alternative
	Mirtilli, ribes, frutti rossi, more...
<p>Procedimento: versare 3 o 4 cucchiai di fiocchi d'avena in un pentolino e ricoprire con acqua o latte, accendere il fuoco al minimo e cuocere per circa 10 minuti rimescolando sovente soprattutto alla fine. Versare il composto in una ciotola e aggiungere un cucchino di cannella e, a piacere, un frutto fresco oppure 1 cucchiaio di frutta secca o disidratata, 1 cucchiaino di miele o di zucchero, qualche seme oleoso (per esempio lino o chia).</p>	

PASTA CON VERDURE BOLLITE	
Pasta senza glutine 80 gr	Alternative
	Pasta di farro, pasta integrale, pasta di grano duro, pasta di mais
Broccoli 200 gr	Alternative
	Cavolfiore, cavolo romano, zucchini, fagiolini, asparagi, carciofi, spinaci (o un mix)
Olio extra vergine di oliva 1 cucchiaio Pinoli 1 cucchiaio Formaggio grattugiato 1 cucchiaino	
<p>Procedimento: mettere una pentola con non molta acqua sul fuoco e portare a bollire, quindi aggiungere un po' di sale e la verdura pulita e tagliata a pezzi di circa 3 cm l'uno, appena l'acqua riprende a bollire versare la pasta e portare a termine la cottura. Scolare e versare in una ciotola, condire con 1 cucchiaio d'olio e 10/15 pinoli, a piacere spolverare con 1 cucchiaio di formaggio grattugiato</p>	

POLLO AL LIMONE	
Petto di pollo fette sottili (o sottilissime) 200 gr	Alternative
	Tacchino, vitello
Limone succo 1 Mandorle tritate 1 cucchiaio Olio extra vergine di oliva 1 cucchiaio	
<p>Procedimento: tagliare a listarelle sottili di circa mezzo centimetro le fette di pollo (spessore di un fagiolino) e metterle in una ciotola, aggiungere il succo di 1 limone e 1 cucchiaio di olio extra vergine di oliva, lasciare macerare per circa 15 minuti (se di più non guasta). Mettere sul fuoco una padella antiaderente o una bistecchiera e aspettare che diventi ben calda, quindi versare il contenuto della ciotola girando subito con un cucchiaio di legno. Lasciare cuocere e imbrunire il pollo per una decina di minuti. Quasi a fine cottura aggiungere le mandorle tritate.</p>	

