

PLAN DE REGIM - Max Plank Institute – Germany

Ziua	Dejun	Prinz	Cina
1	Cafea fara zahar nelimitata	2 oua fierte cu spanac	1 gratar mare sau 3 chiftele prajita cu salata verde si telina
2	Cafea si o pitusca 0.20-0.30 gr.	1 gratar mare, salata verde, fructe	Sunca fiarta fara limita
3	Cafea si o pitusca 0.20-0.30 gr.	2 oua fierte, salata si rosii	Sunca fiarta si salata verde
4	Cafea si o pitusca 0.20-0.30 gr.	1 ou fiert, morcov fiert sau crud, brinza schweizer	Fructe si iaurt natural
5	Cafea si morcov cu lamiie	Peste fiert si rosii	1 gratar si salata verde
6	Cafea si o pitusca 0.20-0.30 gr.	Gaina prajita (grill) sau pui	2 oua fierte si morcov
7	Ceai cu lamiie	1 gratar, fructe	Alegere libere din mincarurile de mai sus

Mentiuni :

- pe aceasta perioada este interzis consumul categoric de alcool sub orice forma,
- mincarurile la care volumul nu se specifica, se poate consuma nelimitat, se propune mai multe mincaruri in portii ceva mai mici,
- din ziua a 8-a se repeat regimul pt. 0 noua saptamina,
- dupa aceasta perioada se poate minca normal,
- daca aceasta cura se respecta se va slabi aprox. 9 kg de persoana particulara,
- in urma acestui regim se schimba metabolismul si timp de 3 ani nu se va mai ingrasa burta,

-Pregatirea mincarurilor:

1. sare putina sau deloc
2. a se utiliza multe verdeturi proaspete
3. salata fara ulei, numai cu otet
4. a frige si a praji fara untura grasa
5. se va bea zilnic 2 litri (ceai, apa minerala)
6. cafeaua intotdeauna fara zahar si lapte
7. pestele se prajeste in aluminiu folie in cuptor

Pofta Buna!

Max Plank Institute – Germany

DIET

Day	Breakfast	Lunch	Dinner
1	Coffee, no sugar or milk	2 boiled eggs and spinach	1 big steak, or 3 meatballs, lettuce and celery
2	Coffee and 1-3 slices of bread	1 big steak, green salad, fruits	Ham
3	Coffee and 1-3 slices of bread	2 boiled eggs, lettuce and tomatoes	Ham and lettuce
4	Coffee and 1-3 slices of bread	1 boiled egg, carrot raw or boiled, cheese	Fruits and plain yogurt
5	Coffee, carrots with lemon	boiled fish, tomatoes	1 steak and lettuce
6	Coffee and 1-3 slices of bread	grilled whole chicken or hen	2 boiled eggs and carrot
7	Tea with lemon	1 steak, fruits	Free choice from the foods above

On this period no alcohol is allowed.

The items where volume is not specified, has no limit. Eat small portions, several times a day.

From the 8th day repeat the diet for a new week, after that can eat normal. Will not gain weight up to 3 years

If the diet is kept strictly can lose up to 12 lb in 2 weeks, or up to 18 lb if is combined with exercises.

Food preparations:

- little salt or not at all if possible
- use fresh vegetables
- No oil in salads, only vinegar or lemon
- boil, broil or grill the meat
- drink daily 2l of water or tea (no sugar)
- No bananas, grapes or pears
- don't eat later than 7 pm, if hungry eat salad, or fruits

Enjoy!