

Detox 1200Kcal dia

CAFÉ DA MANHÃ	Suco maçã ,cenoura ,gingibre e erva doce	Suco maracujá ,hortelã e capim santo	Suco abacaxi,couve e hortelã	Suco maçã ,cenoura ,gingibre e erva doce	Suco maracujá ,hortelã e capim santo
LANCHE MANHÃ	Castanha da Amazônia	Suco mamão e ameixa	Morangos	Castanha da Amazônia	Suco mamão e ameixa
LANCHE MANHÃ	Suco limão,maçã e hortelã	Chá hibisco,hortelã e abacaxi	Chá hibisco ,maçã e canela	Suco limão,maçã e hortelã	Chá hibisco,hortelã e abacaxi
CEIA	Chá cavalinha e abacaxi	Suco maçã,cenoura e água de coco	Suco limão couve e gengibre	Chá cavalinha e abacaxi	Suco maçã,cenoura e água de coco

Almoço

	<i>Segunda</i>	<i>Terça</i>	<i>Quarta</i>	<i>Quinta</i>	<i>Sexta</i>
<i>Almoço</i>	Filé de frango (refogado)ao maracujá, Farofa de quinoa & Salada alface americana ,cenoura ralada, tomate cereja e beterraba ralada .Molho vinagre cebola e alho	Bolinho de filé de pirarucu ao forno , Baião de dois integral & Vinagrete	Hambúrguer de grão de bico acébolado & Salada de pimentões coloridos ,alface americana e rúcula . Azeite com ervas	Lombo de pirarucu grelhado na chapa e azeite ao molho de pimenta biquinho , Macaxeira grelhada & Legumes a milanesa sem glúten	Hambúrguer de soja & Espaguete de abobrinha ao pesto de espinafre e castanhas

NUTRIÇÃO PERSONALIZADA

Jantar

<i>Jantar</i>	Sopa de legumes	Filé de pescada ao escabeche (com tomate ,cebola, pimentões e ervas frescas)	Crème de flor com ervas frescas ,ovos cozidos e alho poró	Omelete recheado com bacalhau,ervas frescas ,azeite e pimentões coloridos	Crème de tomate com frango e manjerição fresco
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Dieta Detox Menu

J Ma

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Dieta Detox Menu:

Dieta Detox Menu Book Review: Unveiling the Power of Words

In a world driven by information and connectivity, the ability of words has become more evident than ever. They have the capacity to inspire, provoke, and ignite change. Such is the essence of the book **Dieta Detox Menu**, a literary masterpiece that delves deep to the significance of words and their affect our lives. Published by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we will explore the book is key themes, examine its writing style, and analyze its overall impact on readers.

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