



Esempio di dieta per il colesterolo alto



	Lunedì	Martedì	Mercoledì	Giovedì	Venerdì	Sabato	Domenica
Colazione	Latte scremato, fette integrali con marmellata e 6 mandorle	Karkade e pane di segale con hummus di ceci	Yogurt bianco magro con fiocchi d'avena e 2 noci	Tè nero e pane integrale tostato con salmone e avocado	Latte scremato con 4-5 biscotti secchi integrali	Tè verde e pane integrale tostato con crema 100% nocciole	Tazza di porridge con 2-3 noci
Pranzo	Pasta integrale e fagioli borlotti con parmigiano, broccolo romanesco	Insalata di spinaci con scaglie di grana e funghi champignon crudi, condita con limone, pane integrale	Riso rosso con zucchine e salmone affumicato, carpaccio di pesce spada e insalata	Insalata con finocchi e carote, carne bianca magra o mix di semi con semi di lino, pane integrale	Orzo perlato con olive nere, pomodorini ciliegino, mozzarella light e rucola	Pasta integrale e lenticchie con parmigiano, broccolo siciliano	Riso rosso con cubetti di spada arrosto e pomodorini e carciofi
Spuntino	Banana e 2 noci	Tazza di porridge con frutti rossi	2 fette biscottate integrali con marmellata e granella di noci	Yogurt bianco magro con avena e manciata di semi di zucca	4 castagne e una mela	Frullato di frutta con latte scremato e fiocchi d'avena	Fetta di pane di segale con crema 100% nocciole
Cena	Involtoni di verza con prosciutto crudo sgrassato, pane di segale tostato	Minestrone di legumi con aggiunta di parmigiano e di orzo perlato e dadini di tofu	Bistecca di tonno fresco condita con un battuto di olio, limone e sale	Vellutata di zucca con aggiunta di ceci e crostini di pane di segale tostato con granella di mandorle	Merluzzo all'acqua pazza con patate lesse, finocchi gratinati al forno con le olive nere	Filetto di salmone affumicato al cartoccio con crema di piselli, cavolfiore, pane integrale tostato	Tonno panato con semi di sesamo e scottato in padella con insalata mista e pane di segale tostato

Dieta Colesterolo Alto

Emilie Sanchez



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