

## Grupos de alimentos



**1 Frutas Ácidas**  
 cítricos, naranja, limón, mandarina, pomelo, tomate

**2 Frutas Semi ácidas**  
 Albaricoque, cereza, fresa, higo, kiwi, melocotón, pera, sandía, manzana verde



**3 Frutas Dulces**  
 ciruela, higo seco, arándanos, uvas pasas

**4 Frutas oleaginosas**  
 aguacate, almendra, maní, nuez de cacahuete, nuez, pistón, pistacho, sésamo, coco, anacardo, pipas de calabaza



**5 Cereales**

arroz, trigo y derivados, harina, copos, panes, maíz y derivados, avena, soja, cereales, pan de cualquier tipo



**6 Legumbres y Germinados**

garbanos, guisante, soja, lenteja, vicia, cacahuete, frutos de alfalfa y otros, habas, algarroba



**9 Verduras**  
 acelga, apio, coñif, espinaca, escarola, espárrago, espinaca, lechuga, champiñones y setas, brócoli

**10 Ajos y Cebollas**



**11 Huevos**



gallina, pato, codorniz, etc.

**8 Feculosas**  
 berenjena, calabaza, patata, plátano, zanahoria cocida



**12 Leche**

entera, semi desnatada o desnatada, yogur



**7 Hortalizas**

alcachofa, berenjena, calabaza, calabacin, nabo, pepino, pimiento, puerro, zanahora, espárrago, zanahoria



**14 Quesos**

todos los quesos industrializados de regimén



**13 Mantequilla**



mantequilla margarita

**15 Carnes y pescados**

carne, pescado y mariscos al natural, embutidos, conservas y encurtidos



## Tabla de compatibilidades

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
1	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+
2	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+
3	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+
4	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+
5	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+
6	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+
7	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+
8	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+
9	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+
10	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+
11	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+
12	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+
13	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+
14	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+
15	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+

### CÓMO UTILIZAR ESTA TABLA

La idea es que puedas comer de todo y en la cantidad que quieras. Simplemente no has de mezclar alimentos incompatibles. Para saber que alimentos son compatibles entre sí y cuáles no procede de la siguiente forma:

1. Busca el primer alimento de la descripción de arriba y apunta el número del grupo al que pertenece.

2. Busca el segundo alimento de la descripción de arriba y apunta el número del grupo al que pertenece.

3. En la tabla de abajo cruza los 2 números y obtendrás como resultado:

- **Queda verde** (verde) puedes mezclarlos sin problemas y según necesites más.
- **El signo +** (rojo) no debes mezclarlos en una misma comida, hay que dejarlos separados porque te perjudican.
- **El signo -** (azul) significa que puedes mezclarlos cuando quieras, siempre y cuando para ello necesites un suplemento.

# Adelgazar Con La Dieta Disociada

**DJ Losen**



## **Adelgazar Con La Dieta Disociada:**

## The Enigmatic Realm of **Adelgazar Con La Dieta Disociada**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing in short supply of extraordinary. Within the captivating pages of **Adelgazar Con La Dieta Disociada** a literary masterpiece penned with a renowned author, readers attempt a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting effect on the hearts and minds of those who partake in its reading experience.

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'THE GLASS MENAGERIE' UNDER FAINTLY. Lightly.] Not one gentleman ... [MUSIC: ' THE GLASS MENAGERIE'. He stretches out his hand.] Oh, be careful - if ... The Glass Menagerie book script of the play. [SCREEN LEGEND: 'OÙ SONT LES NEIGES." ] There was young Champ Laughlin who later became vice-president of the Delta Planters. Bank. The Glass Menagerie - Tennessee Williams (AMANDA exits through living-room curtains. TOM is left with LAURA. He stares at her stupidly for a moment. Then he crosses to shelf holding glass menagerie. The Glass Menagerie Amanda Wingfield is a faded, tragic remnant of Southern gentility who lives in poverty in a dingy St. Louis apartment with her son, Tom, and her daughter, ... The Glass Menagerie When Amanda convinces Tom to bring home from his workplace a "gentleman caller" for Laura, the illusions that Tom, Amanda, and Laura have each created in order ... The Glass Menagerie Text Scene 1: The Wingfield apartment is in the rear of the building, one of those vast hive-like conglomerations of cellular living-units that flower as. Tennessee Williams - The Glass Menagerie (Scene 3) LEGEND ON SCREEN: 'AFTER THE FIASCO' [TOM speaks from the fire-escape landing.] TOM: After the fiasco at Rubicam's Business College, the idea of getting a ... "The Glass Menagerie," Scene One and Scene Two, by ... 41 Scene 1. 352 The Wingfield apartment is in the rear of the building, one of those vast hive-like conglomerations of cellular living-units that flower as ... Tennessee Williams - The Glass Menagerie (Scene 7) A moment after the curtain rises, the lights in both rooms flicker and go out.] JIM: Hey, there, Mr Light Bulb ! [AMANDA laughs nervously. LEGEND: 'SUSPENSION ... The Glass Menagerie: Acting Edition: Tennessee Williams A new introduction by the editor of The Tennessee Williams Annual Review, Robert Bray, reappraises the play more than half a century after it won the New York ...