

Qué hacer en

LA DIETA DEL METABOLISMO ACELERADO



1. COMER 5 VECES AL DÍA

**2. COMER CADA 2, 3
Ó 4 HORAS**



**3. DESAYUNAR EN
LA PRIMERA 1/2 H
TRAS LEVANTAR**

**4. SEGUIR EL PLAN AL
MENOS 4 SEMANAS**



**5. RESPETAR LOS
ALIMENTOS DE CADA FASE**

**6. RESPETAR EL ORDEN
DE LAS FASES**



**7. BEBER 1/3 DE TU PESO
EN DL DE AGUA**

**8. CONSUMIR ALIMENTOS
BIO**



**9. CONSUMIR CARNE SIN
NITRITOS NI NITRATOS**

**10. HACER EJERCICIO
SEGÚN LAS FASES**



La Dieta De Metabolismo Acelerado

M Mosston



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