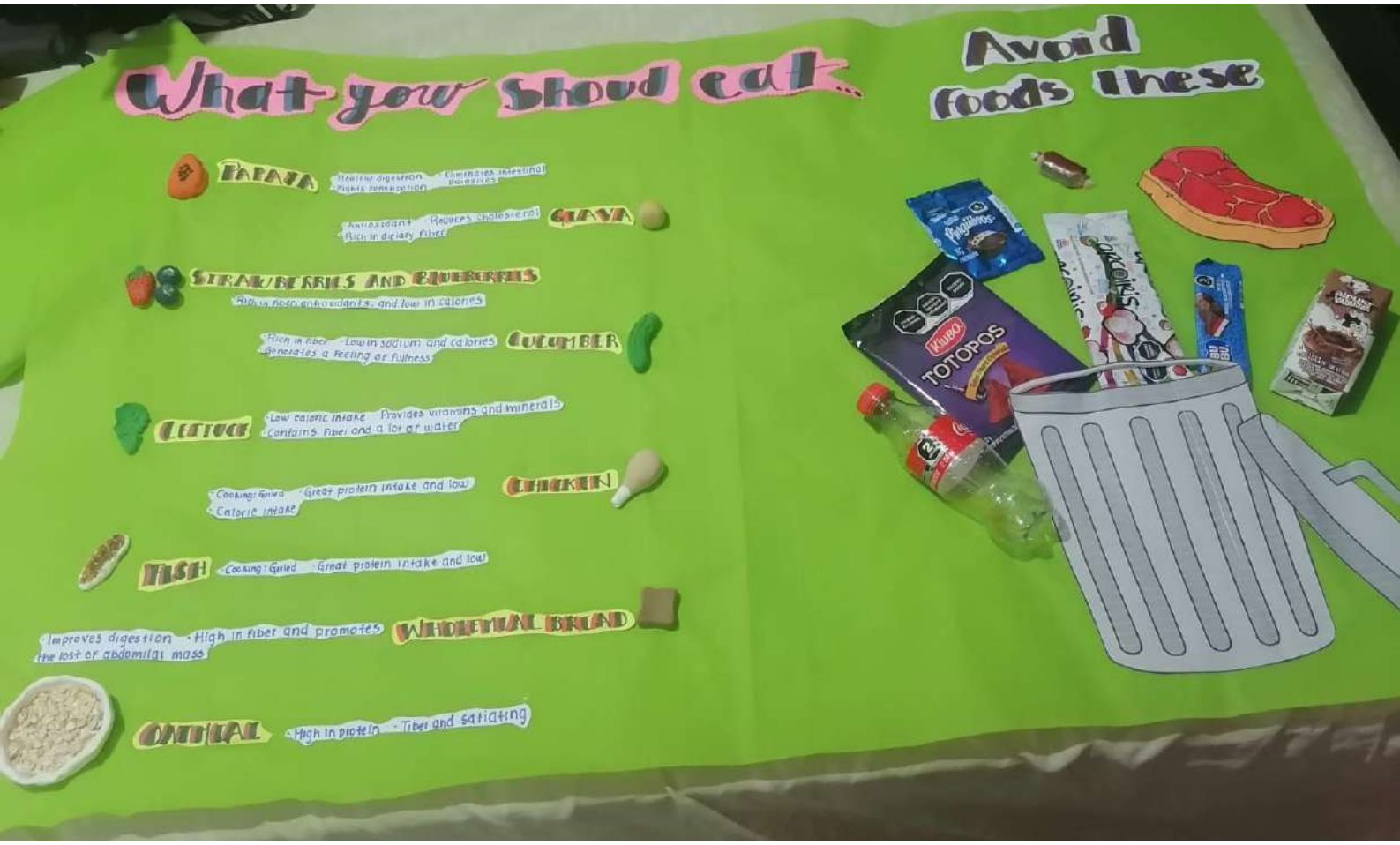
What you shoud eat...
Avoid foods these
PAPAYA
Healthy digestion
Eliminates intestinal parasites
Antioxidant
Reduces cholesterol
Rich in dietary fiber
GUAVA
STRAWBERRIES AND BLUEBERRIES
High in fiber, antioxidants, and low in calories
Rich in fiber
Low in sodium and calories
Generates a feeling of fullness
CUCUMBER
LETTUCE
Low caloric intake
Provides vitamins and minerals
Contains fiber and a lot of water
Cooking: Grilled
Great protein intake and low
Calorie intake
CHICKEN
FISH
Cooking: Grilled
Great protein intake and low
Improves digestion
High in fiber and promotes the lost of abdominal mass
WHOLE WHEAT BREAD
OATMEAL
High in protein
Fiber and satiating
TOTOPOS
Oreo