

Eliminate unnecessary carbohydrates

1. For one of the meals during the day, eliminate all carbohydrates (sugar, bread, rice, tortillas, potatoes, potatoes, biscuits, etc.)
2. For the other meals, eat sugars and carbohydrates together with vegetables.
3. Look for recipes you like, experiment with different dishes.
4. Do not use the same variety of meals every day. Change meats from time to time to fish or chicken.



You can experiment with combinations you like and put dressings, oils, cheeses, onions, meats and more to increase the flavor. Our email is: info@cellularhealthcoaching.com