



SPEZIERIE PALAZZO VECCHIO

DIETARY RECCOMENDATION 1 – WEIGHT RELATED DISORDERS

Spezierie Palazzo Vecchio Dott. Di Massimo Food supplements recommended with this diet:

- DIMA – CLOROGEN 400 Green Coffea – Elicriso – Ortosiphon – Passionflower 60 cpr.
- DIGERTUTTO Garcinia – Galega – Papaya 60 cpr.
- DIURETIN – RUSCOCELL Centella_Ortosiphon – Birch 60 cpr.

FOOD	ALLOWED	NOT ALLOWED
MILK AND DERIVED	skimmed milk, skim milk yogurt	whole milk, whole milk yogurt
EGG	The shell, boiled, poached.	Fried or omelet (unless you cook without fat in a non-stick coating containers).
MEAT-POULTRY	Veal, liver, beef, poultry, rabbit: choices in the more lean and cooked grilled, roasted, boiled, without sauces, liver and kidney grilled, skewered and grilled venison	Pork, lamb, fat and semigrasse packaged meat, frying or sauces.
FISH	Fresh or frozen, grilled, baked or boiled	Eel, sardines, mackerel, salmon, fish preserved in oil
MEATS AND SAUSAGE	Dried beef, ham without visible fat	All the others
CHEESES	Cottage cheese, tuna, mozzarella, growth, painstaking, Robiola, quartirolo	All the others
BREAD (or substitutes) SOUPS		Breads of all kinds, bread sticks, crackers, biscuits Pasta, rice, semolina and other cereals (except where otherwise stated)
VEGETABLES (ALWAYS at the BEGINNING of each MEAL)	Up to 300 g per serving: asparagus, cauliflower, chard, kale, Catalonia, carrots, cucumbers, broccoli, green beans, fennel, courgette flowers, various salads, eggplant, tomatoes, peppers, spinach, cabbage, pumpkin, zucchini, black rind, radishes. Up to 150g per serving: beets, beets, carrots, broccoli, artichokes, Brussels sprouts.	Legumes: peas, beans, chickpeas, lentils, beans. Potatoes (except where otherwise stated).
FRUIT (ALWAYS AWAY from MEALS)	Seasonal fresh or preserved canned in brine. Figs, persimmons, grapes, bananas, dried fruit, chestnuts, canned fruit	Figs, persimmons, grapes, bananas, dried fruit, chestnuts, canned fruit
DRINKS (NEVER WHILE EATING)	Tea, coffee, barley, unsweetened malt, fruit juice to the natural (in substitution of the fruit), natural water	Wine, beer (except where stated otherwise), liqueurs, brandy, whiskey, artificial sodas
DRESSING	olive oil, lemon juice, salt, a small quantity of vegetable broth, flavorings, spices, pickles, saccharin	Sugar, olives, mayonnaise, butter, margarine, cream
DESSERT	No dessert allowed	All desserts prohibited
RECCOMENDATIONS	<ul style="list-style-type: none"> ✓ Chew food well ✓ Do not talk and do not drink during meals ✓ Take a walk for 10-15 minutes after meals 	