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## Rodolfo Bucaro. Diet plan from July 20<sup>th</sup> – August 2<sup>nd</sup>.

7:30

**Choose one option + 1 cup of coffee with low lactose milk or almond/coconut milk;**

- 1) 1 Glucerna Drink (Pharmacy) or Bar.
- 2) 3-4 eggs, with avocado oil + tomatoes, onions, champignons, spinach.
- 3) 4 tablespoons of oats + low lactose milk or almond milk + cinnamon + nuts (5-6 units)  
+ 2 scrambled eggs.

**1x week:** 2 slices of bacon with the eggs.

- If we do go workout, we can do a Glucerna Drink before and the oats + eggs after.

**11:00:** 1 serving of protein pretzels or protein snacks (Ex: Kay's Naturals, Amazon and whole foods).

**Lunch (12:30) + water or lemonade.**

**Try to avoid:** foods made with milk, peas, beets.

2-3 medium size fillets of chicken or fish or **2x week:** Bovine meet or pork meet.

+

**Please choose two options:** 3 tablespoons of rice or uncooked carrots or cooked pumpkin/squash or cooked quinoa or corn or 1x week: 1 baked potato or gluten free pasta with tomato sauce.

+

**Foods we can have in any amount or combination:** Broccoli, asparagus, cauliflower, brussels sprouts, sprouts, green beans, leafy greens, tomato, cucumber, onions, okra, adzuki beans, zucchini, Eggplant.

**4PM**

**Please choose one option + 1 cup of tea (ex: hibiscus):**

- 1) 1 coconut yogurt + 2 tablespoons of oats.
- 2) 1 Rx Bar
- 3) 1 Glucerna drink.
- 4) 1 serving of cauliflower pretzels (Amazon and whole foods).

**7PM, Dinner:** Lunch guide.

**Goal for next week:** 279.