



Recommended diet

Meal examples		
Meal times	1	1
Breakfast	½ cup of gallo pinto, 1 toast of white bread, 1 egg, 1 slice of Turrialba cheese 30 g, decaffeinated coffee or tea allowed.	1 toast of white bread with guava jelly with 30 g Turrialba cheese, 2 corn tortillas with 1 chopped egg cooked in low fat, decaffeinated coffee or tea allowed.
Snack	1 cup chopped fruit, ½ cup plain yogurt sweetened with honey.	Banana or papaya smoothie in 1 cup of skim milk.
Lunch	½ cup rice, ½ cup beans (cooked as directed), 100 g chicken breast in fajitas with cooked sweet chili and onion, 1 cup cooked carrots with mushrooms, water.	1 cup cooked pasta, 100 g premium ground beef (98% fat free) grilled in natural tomato sauce, 1 cup tender ayote with steamed seedless zucchini, water.
Snack	1 toast of white bread, 30 g of Turrialba cheese.	1/3 boiled ripe banana stuffed with 30 g of cottage cheese.
Dinner	Pork tenderloin burrito: Burrito type wheat flour tortilla 100 g grilled pork tenderloin in natural tomato sauce, ¼ avocado, natural mango drink.	1 medium baked potato, 100 g grilled Tilapia, 1 cup boiled pumpkin with boiled beets, oat drink.
Snack	Hot drink: apple tea, peach, hibiscus rose, mango.	

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