

# Pyramide HFLC

## Quantité de Glucides

### Céto-adaptation

Glucides nets <20g

Charge glycémique <50

2 Semaines

### Phase de croisière

Glucides nets

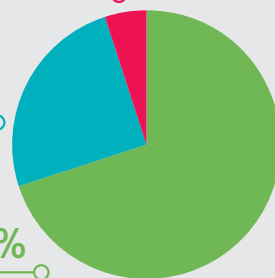
0 à 100g/jour

Selon les signes de cétose nutritionnelle  
et le degré d'insulinorésistance

Glucides 5%

Proteines 25%

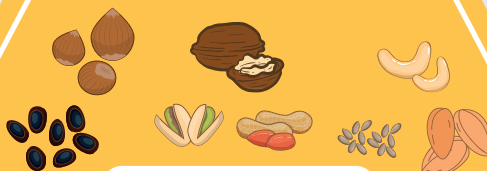
Lipides 70%



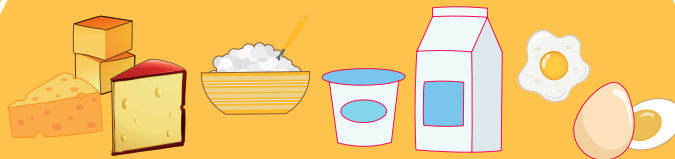
GLUCIDES 5%



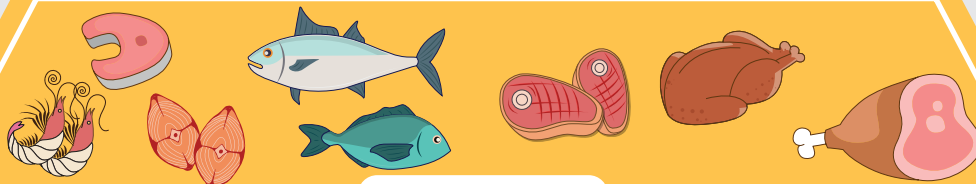
Fruits rouges



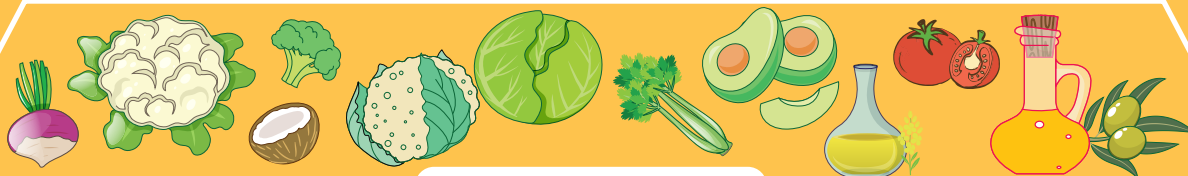
Oleagineux & graines



Produits Laitiers & oeufs



Poissons & viandes



Legumes & huiles végétales

PROTEINES 25%

LIPIDES 70%