

Pyramide HFLC

Quantité de Glucides

Céto-adaptation

Glucides nets <20g

Charge glycémique <50

2 Semaines

Phase de croisière

Glucides nets

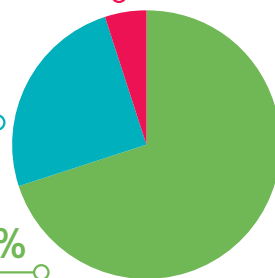
0 à 100g/jour

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

Glucides 5%

Protéines 25%

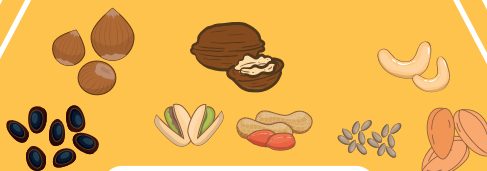
Lipides 70%



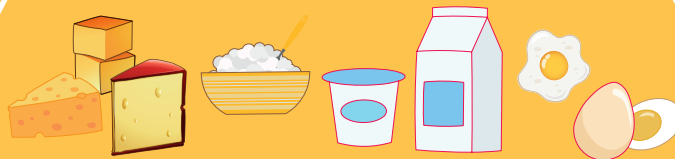
GLUCIDES 5%



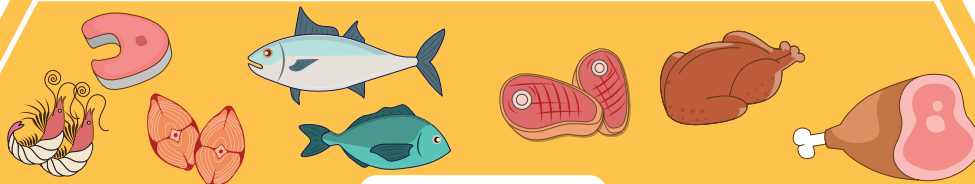
Fruits rouges



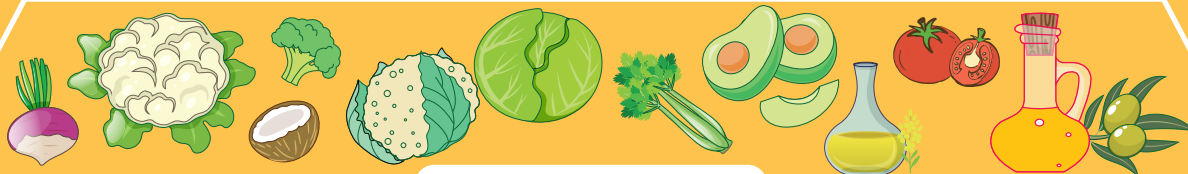
Oleagineux & graines



Produits Laitiers & oeufs



Poissons & viandes



Legumes & huiles végétales

PROTEINES 25%

LIPIDES 70%