

Put A Stop To The Cholesterol And The Kilos In Surplus Without Cure (Thirteenth Part)

In this search against cholesterol we give you in this part the essential advices allowing you apprehender without too much difficulties the daily life.

We leaned on the practical side of the things:

- Daily practice:

How to have a fast meal without neglecting your diet.

- Three pleasant situations:

This evening you go outside and you can control the situation!

- Attractions of the interdict:

A cornelians situation! you want to please to you... just once... Is this possible?

Daily practice:

We will speak in this chapter about:

- Realizable fast menus at home

- Salads being able to constitute a small meal

- Breakfast to the hotel

- Italian restaurant and pizzeria

Ideas of fast menus:

Menu 1:

- Artichoke bottoms (bases) with olive oil

- Grilled of fish with tomatoes and accompanied with natural rice

- Orange salad

Menu 2:

Salad of tomatoes and cucumbers

Salad of pasta with smoked salmon

Yogurt with fruits with 0% fat content

Menu 3:

- Melon

- "Boudin blanc" with apple

- Pink grapefruit

Menu 4:

- Sardines with lemon and olive oil

- Escallop of marinated turkey, accompanied by French beans

- Light vanilla yogurt

Menu 5:

- Radish with salted butter (25% fat content)

- Roasted sole with boiled potato's

- Fruit salad

Menu 6:

- Fillet of mackerels with muscadet wine

- Guinea fowl with lenses and potato to oil

- Light cheese with 15% fat content

Notes: to season, you can replace oil by the tomato juice or juice of other vegetables or a mix of vegetables.

Useless to accompany asparagus's, the artichokes or the raw vegetables with sauces containing cream or butter: Use the grape pip or olive oil, lemon, some drops of balsamic vinegar or crushed pepper.

To intensify a seasoning, add black pepper by using a pepper mill, one pint of "espellette pepper" (a french speciality from the Basque country) and

fine mustard.

A salad for a fast lunch:

Salad of penne (pasta) with natural tuna from a tin and fresh tomato's, seasoned with olive oil, lemon and a point of mustard.

French bean salad with cherry tomato's and smoked fillet of duck and without the fat with crushed pepper and olive oil.

Cold chicken, potato salad with gherkin slices.

Seasoning: oil mustard, grape pips oil, old mustard and a pinch of salt flower.

Here are two other more elaborate salads: they are seasoned with oil of grape pips, curry, a point of mustard and cider vinegar.

Salad of lamb's lettuce (corn salad) and fresh scallops, just cooked with the vapor and cut in fine slices.

Salad of mesclun with Parma ham cut in thin pieces, pieces of breast of chicken and small pink grapefruit cubes.

Breakfast in the hotel:

The business breakfast is increasingly frequent. It became an appointment impossible to circumvent in the United States and in the Anglo-Saxon countries where it is not rare besides to have to accept several small successive breakfasts.

On these occasions, here what you can consume at the buffer of the hotel:

- Fruit juice
- Coffee or tea, skimmed milk
- skimmed roll, french loaf, toast
- Jam or honey Parma or Paris ham
- Yogurt with 0% fat content (natural or with fruit)
- Fruit salads
- Various fresh fruits.

You have a completely sufficient choice allowing you not to envy your opposite which did not give up the bacon eggs, buttered toast and another fried sausages!

Italian restaurant and pizzeria:

The kitchen of the South is a priori excellent for you. Where that you are, you will easily unearth the trendy Italian restaurant or the pizzeria. Do not hesitate... enter!

Here some ideas of what you will be able to consume.

At the Italian restaurant

- In hors-d'oeuvre, order various vegetables marinated in oil - sweet peppers, mushrooms, aubergines - or a carpaccio of salmon, tuna or of ox.
- In principal dish, taste the ritual spaghetti's if they are prepared (place an order). They could be thus added with vegetables, fish, be seasoned with olive oil, pepper or garlic.

Also discover possible fish of the area, roasted or cooked with the olive oil.

With the pizzeria

Because of basing on bread paste, your diet authorizes you all the pizza pies. It is enough for you to choose their right composition, while abstaining from eggs, cream, chorizo and cheese.

Order, for example, one four seasons pizza pie while specifying without cheese raised of sunflower or olive oil and also spiced.

You can also prefer a pizza pie with tuna and tomato... without black olives.

You will find in my next article (Put An End To the Cholesterol Part 14) what to do about these particular situations:

- Three pleasant situations:
 1. The aperitif or cocktail
 2. The dinner at the restaurant

3.The businesses lunch or dinner

- Attractions of the interdict:

What about alcohol, cheese ...

About the Author

This is although the thirteenth theme from Patrick Beaufay about how to Put an end to the cholesterol. In these set of compositions there are bags of info and you can learn what to do. A slim program against the cholesterol is quite different than a regular slim program: [Put An End to the Cholesterol Part VIII](#) + [Put An End To The Cholesterol Part I](#)

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