

PROTOCOLUL 850

Meniu pentru o zi · Ambele protocoale

Ambele protocoale contin **850 kcal/zi** si folosesc **exclusiv proteine vegetale**.

Proteina animala (carne, oua, lactate) contine leucina si metionina in cantitati mari,

care activeaza mTOR si **opresc autofagia**.

Proteina vegetala pastreaza autofagia activa.

LP-FMD

Proteine Scazute

10% prot · 45% grasimi · 45% carbo

HP-FMD

Proteine Ridicate

30% prot · 25% grasimi · 45% carbo

Studiul: Burns et al., Clinical Nutrition 52 (2025) 299-312

Acest document are scop educational. Consulta medicul inainte de orice dieta restrictiva.

PROTOCOLUL LP-FMD

Proteine Scazute · Grasimi Ridicate · 850 kcal/zi

CALORII	PROTEINE	CARBOHIDRATI	GRASIMI
850 kcal	~21g (10%)	~96g (45%)	~43g (45%)

■ MIC DEJUN

- Smoothie bowl cu lapte de cocos si seminte
- 200ml lapte de cocos (light)
~40 kcal, 1g prot, 4g grasimi
- 100g afine sau capsuni congelate
~40 kcal, 0.7g prot
- 1 lingura seminte de chia
~60 kcal, 2g prot, 4g grasimi
- 1 lingura fulgi de cocos neindulcit
~35 kcal, 0.4g prot, 3g grasimi
- 5-6 nuci macadamia tocate
~70 kcal, 0.7g prot, 7g grasimi

■ PRANZ

- Supa crema de dovleac cu ulei de masline
- 250g dovleac copt
~60 kcal, 1.5g prot, 15g carbo
- 1 lingurita ulei de masline extra virgin
~45 kcal, 0g prot, 5g grasimi
- Condimente: curcuma, ghimbir, sare, piper
anti-inflamator natural

- 1 felie subtire paine din seara integrala (30g)

~65 kcal, 2g prot, 12g carbo

■ GUSTARE

- 1/2 avocado cu lamaie si sare de mare

~120 kcal, 1.5g prot, 11g grasimi

- 5 masline negre

~35 kcal, 0.2g prot, 3.5g grasimi

■ CINA

- Salata mediteraneana cu legume la cuptor

- 150g zucchini + ardei + rosii la cuptor

~55 kcal, 2g prot, 10g carbo

- 1 lingura ulei de masline

~90 kcal, 0g prot, 10g grasimi

- 50g salata verde + rucola

~10 kcal, 1g prot

- Dressing: lamaie + ulei + usturoi

~30 kcal

IMPORTANT: Bea 2-2.5L apa pe zi. Ceai de plante neindulcit permis oricand.

PROTOCOLUL HP-FMD

Proteine Ridicate · Grasimi Scazute · 850 kcal/zi

CALORII	PROTEINE	CARBOHIDRATI	GRASIMI
850 kcal	~64g (30%)	~96g (45%)	~24g (25%)

■ MIC DEJUN

- Tofu scramble cu legume
- 150g tofu ferm (sfaramat)
~120 kcal, 13g prot, 7g grasimi
- 50g spanac proaspat + 50g rosii cherry
~20 kcal, 2g prot, 3g carbo
- 1/2 lingurita curcuma + piper negru
potentator de absorbtie
- 1 lingurita ulei de cocos
~40 kcal, 0g prot, 4.5g grasimi

■ PRANZ

- Bol proteic cu linte rosie si legume
- 100g linte rosie fiarta
~116 kcal, 9g prot, 20g carbo
- 100g castravete + 50g ardei rosu
~30 kcal, 1.5g prot, 6g carbo
- 50g morcov ras
~20 kcal, 0.5g prot, 5g carbo
- Dressing: lamaie + chimion + coriandru
~5 kcal

- 1 felie paine din secara integrala (30g)

~65 kcal, 2g prot, 12g carbo

■ GUSTARE

- Hummus de casa cu bastonase de legume

- 80g naut fiert + 1 lingurita pasta tahini

~130 kcal, 7g prot, 6g grasimi

- Lamaie + usturoi + chimion

condimentare naturala

- 100g telina + ardei + castravete felii

~25 kcal, 1g prot

■ CINA

- Tempeh la tigaie cu broccoli si orez brun

- 100g tempeh feliat

~195 kcal, 19g prot, 8g grasimi

- 150g broccoli la abur

~50 kcal, 4g prot, 10g carbo

- 50g orez brun fiert

~65 kcal, 1.5g prot, 14g carbo

- Sos: sos de soia (low sodium) + ghimbir + usturoi

~15 kcal

IMPORTANT: Bea 2-2.5L apa pe zi. Ceai verde sau de plante neindulcit permis oricand.

CARE PROTOCOL E PENTRU TINE?

ALEGE LP-FMD daca vrei:

- ✓ Cetoza mai profunda ✓
- Ardere grasimi maxima ✓
- Dieta ketogenica ✓
- Autofagie clasica

ALEGE HP-FMD daca vrei:

- ✓ Reducere grasime viscerală
- ✓ Sanatatea inimii ✓
- Microbiom mai divers ✓
- Trigliceride scazute

REGULI COMUNE AMBELOR PROTOCOALE:

- ✓ ZERO proteina animala — carne, oua, lactate opresc autofagia
- ✓ 850 kcal/zi timp de 7 zile consecutive
- ✓ 3 mese pe zi la ore fixe — nu sari mese
- ✓ 2 - 2.5L apa pe zi obligatoriu
- ✓ Ceai de plante neindulcit — permis oricand
- ✓ Fara alcool, fara zahar adaugat, fara alimente procesate
- ✓ Activitate fizica usoara permisa — mers pe jos, yoga
- ✓ Exercitii intense — evitate in aceasta saptamana

Studierea studiului complet: Burns et al., Clinical Nutrition 52 (2025) 299-312

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Consulta medicul inainte de a incepe orice protocol alimentar restrictiv.