

Vegetarian and dietary food: diets, exercised, recipes, menus



“Medicine should be food and food should
be medicine.”
Hippocrates

- It's not easy to find a balance between protein and carbohydrates for a vegetarian diet day. Yet you will benefit if you substitute animal products with vegetarian dishes and vegetarian proteins. These benefits are: you won't be hungry and still you won't feel stuffed.

Vegetarian days will help you to avoid eating excessive fats and cholesterol foods and also you will find a new world of tastes.



- Healthy diet specialists offer an optimal alternative for animal proteins. That is a combination of soy and wheat protein. Soy products are acquiring greater and greater popularity in the whole world. **Hamburger alternatives**, beef steak alternatives, ground meat alternatives **seem to be showing up on the menu in everywhere you go these days**. And it doesn't surprise anybody.



- The taste of meat alternative differs from the taste of beef but abundance of spices, seasonings and dressings fully make up for the customary taste. In restaurants of McDonalds' type you can enjoy green hamburger and some other healthy specialties of the house.



The problem of adequate vegetarian cookery.

Some specialists state that to make vegetarian food adequate it is not enough to exclude meat and other animal products from your diet but it's essential to substitute it by stuff of the same food value. And of course balance your menu correctly.



Nutripro



Nutripro is a healthy food with balanced vitamin and mineral contents based on soy protein.

Nutripro is a unique soy protein based food which allows to improve or even restore your health safely and to keep or achieve the desired weight.

Nutripro ingredients:

It contains the following major mineral elements:

- soy protein
- soy phospholipids,
- cellulose of soy seed lobe
- soy isoflavon

Major vitamins:

- vitamin A
- thiamin (B1)
- riboflavin (B2)
- B8, B 12
- folic acid
- niacinamid(
- pantotenic acid
- biotin
- vitamin C
- vitamins D3, E, K1

" Application of soya fibers as a component of the balanced food "

The basis of wide application of soya fibers by production of a foodstuff is: uniqueness aminoacid structure of fibers of a soya; fibers of a soya with muscular and dairy fibers that increases the general biological value of albuminous structure of a product; their neutrality vkusoaromaticheskikh characteristics and compatibility with various kinds of raw materials in compoundings of items; possession high functional characteristics - emul'girovaniem, deduction of a moisture and ability to geleobrazovaniyu, stabilising p characteristics systems; rather low cost of these products in gidratirovannoy to the form in comparison with fibers of an animal origin.

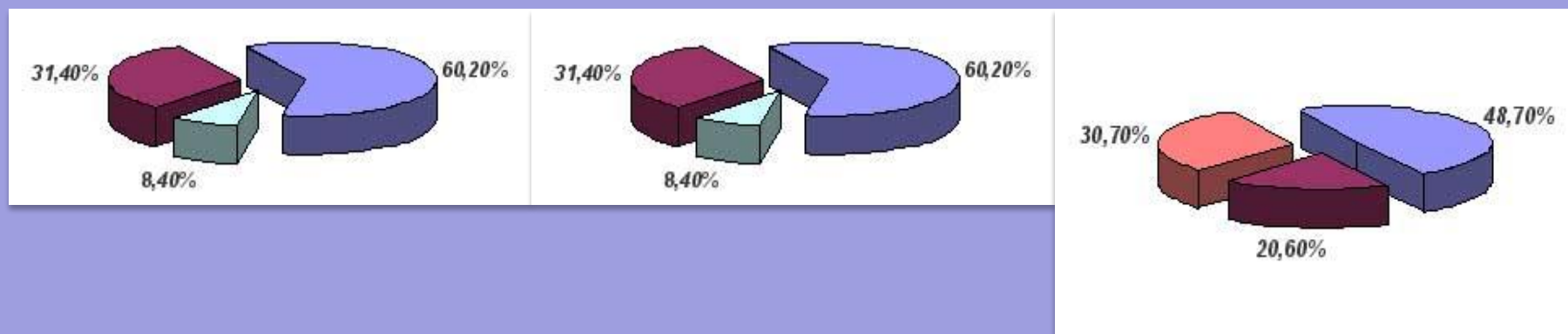


Fig. 1 Demand "TETEK" on fractions and kinds of items:) TH0; TH1; TH2

Fitness - the Diet Women



- The fitness diet menu (structure of products on every day):
- the First day (Fish): porridge овсяная or buckwheat, it is possible on low-fat milk – 150 г; cottage cheese 0 – 4,5 % of fat content – 250 г; soup (on a vegetable broth) – 250 г; bread rye – 40 г; rice boiled – 150 г; a humpback salmon boiled – 150 г; salad from tomatoes, cucumbers, greens – 300 г; oil olive – 10 г; fruit or berries – 200
- The second day (Meat): porridge – 150 г; a cottage cheese dessert of 4,5 % - 250 г; soup – 250 г; a vegetable ragout – 200 г; veal boiled – 200 г; salad vegetable – 300 г; oil olive – 10 г; fruit-berries – 200
- The third day (Egg-dairy): porridge – 100 г; cottage cheese of 4,5 % - 250 г; egg – 100 г; salad from cucumbers and cabbage – 300 г; oil olive – 10 г; cheesecakes - 250 г; sour cream – 250 г; fruit – 200
- The fourth day (Fish): porridge – 200 г; yoghurt – 200 г; a rich batch – 100 г; soup – 250 г; bread rye – 40 г; a potato – 200 г; a humpback salmon boiled – 150 г; salad vegetable – 300 г; bananas – 100.
- The fifth day (Fruit): bananas – 200 г; dried apricots – 100 г; raisin or grapes – 100 г; dates – 100 г; oranges – 100 г; apples – 100 г; yoghurt – 250
- The sixth day (Chicken): porridge – 150 г; a cottage cheese dessert – 100 г; egg – 50 г; a banana – 100 г; soup - 250 г; bread rye – 40 г; salad vegetable – 300 г; macaroni – 200 г; a hen boiled – 100 г; juice peach – 200 г; a rich batch – 50
- The seventh day: organism check on weak will. It is possible to eat everything, but to try not to overeat. On 8th week the fitness diet should become habitual.



Invigorating ten-minute. Get rid of torments of morning awakening

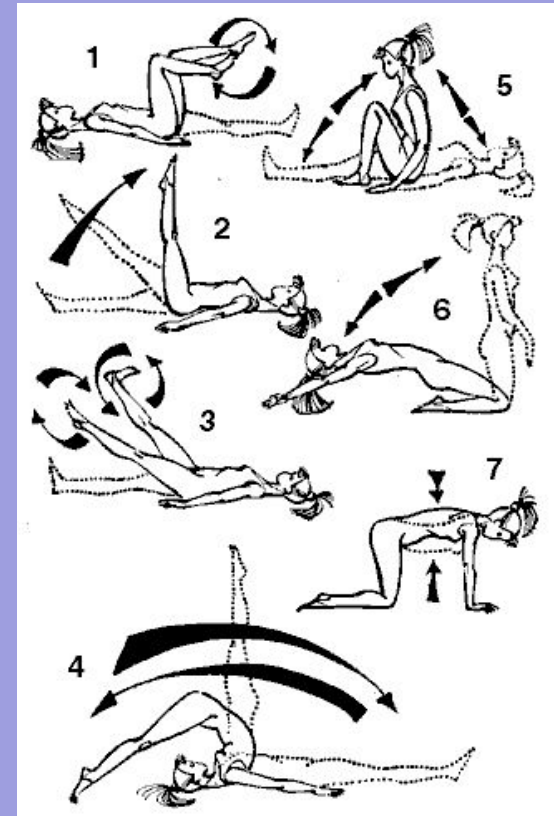
1st minute.

- Minute of gratitude. Open eyes and be glad to new day. Not very well, what it will be - cloudy, rainy or solar – be glad to that this day is in your life. Recollect all whom love, tell it mentally I "Love". Energy of good not only will invisibly be transmitted to people close to you, but also you will make strong and protected.
- 2nd minute.
- Thoughts on the pleasant. In each new bottom always there is a place to something pleasant – in the main thing or in trifles. Recollect that waits for you today – a meeting with favourite, purchase of a new dress, beauty salon visiting. If any pleasant expectation do not remember, think up it this minute.
- 3rd minute.
- The Breath-exhalation. We continue to restore oxygen balance. At first it is necessary to breathe superficially, then some times to inhale all breast, and then - to make 3 deep breaths-exhalations "stomach".
- 4th minute.
- Head massage. For a night blood casts from a head, therefore for good awakening it is necessary to ensure its inflow to a head. For this purpose it is enough to massage main points: a depression in the ground at the head basis, occipital hillocks, a line from top to a forehead, arches, lobes of ears.
- 5th minute.
- Warm-up of joints. We begin with hands – it is necessary to compress-unclench fists. Then - rotary motions in brushes, in elbow bends, in shoulders. Under the same scheme we knead joints of feet: fingers, an ankle, knees ("bicycle" known for all), hips ("scissors").

- 6th minute.
- A warming up of muscles. We pound palms the friend about the friend. Then warming by palms it is pounded all body. A principle, as well as with joints, top-down.
- 7th minute. Lifting. It is necessary to rise by degrees. At first it is necessary to rise and sit in bed. Then it is necessary to lower from bed of a foot and still to sit. You ask - what for? All is simple. Sharp change of position of a body especially after a night dream – stress for an organism. Having sat a little, rise, look in a window and speak 10 important issues of day, thanks to it you will adjust an organism on a working harmony.
- 8th minute.
- Smile, misters! To approach to a mirror, look at itself and smile. It will be a morning charge of love to itself. And it too any not mysticism. The usual smile gives therapeutic effect which is difficult for overestimating – and blood where it is necessary flows, and the brain centres become more active, and serotonin (the pleasure hormone) is thus produced.
- 9th minute.
- A water glass. Drink a glass of water, pure, spring, not aerated. It you "wake", make active digestive system of an organism that then the breakfast "has fallen down" not in a sleeping organism, and has arrived in an organism ready to food intake.
- Certainly, time in the above described actions is named 1 minute conditionally. It is possible to give and more time at each stage, the main thing – is not less. And still I would recommend to keep insistently to myself time stock 5 minutes for a contrast shower. This procedure gives threefold effect – instantly invigorating, clearing and tempering.
- Probably, to you will seem that the above described recommendations are too simple to appear effective. And you try to take advantage of them. Deliver an alarm clock for 10 minutes before usual, open eyes and forward: 1st minute, 2nd minute, 3rd ... And on 10th minute you will understand that a phrase "Good morning!" Not simply phrase, and yours sincere sensation.

Exercises for strengthening of muscles of a stomach

- 1. A starting position — lying on a back, hands put on a nape. Bend feet, knees tighten to a breast, then feet straighten upwards and slowly return to a starting position.
- 2. A starting position — the same. Feet slightly raise. Dissolve them in the parties and reduce скестно. A head slightly raise. Return to a starting position.
- 3. A starting position — the same. Slowly lift and lower direct feet.
- 4. A starting position — the same. Bend feet in knees and stage movements of the bicyclist (fig. 1).
- 5. The Starting position — the same. Lift one foot; lowering it, lift other, vertically at an angle 90 degrees (fig. 2).
- 6. A starting position — the same. Lift both feet. Execute circular motions in one and other direction.
- 7. A starting position — the same. Lift feet and dissolve them in the parties. Execute circular motions each foot in one and other direction (fig. 3).
- 8. The Starting position — the same. Lift both feet and a basin, concern with floor socks behind a head (fig. 4).
- 9. The Starting position — the same. Lift feet and a basin in a rack on shovels ("birch"), then, without lowering a basin, concern with floor socks behind a head, again be straightened and slowly lower a trunk (fig. 5).
- 10. The Starting position — the same. Fix stops, put brushes on a nape. Sit down, then slowly lay down. To complicate exercise, hands to lift upwards.
- 11. The Starting position — the same. Bending feet, sit down, then slowly return in and. The item (fig. 6).
- 12. A starting position — the same. Lifting direct feet, sit down, slowly lowering them, return in and. Items of Exercise will be even more effective if to do them with subjects (an inflatable or stuffed ball, dumbbells) which are kept by feet at their lifting or hands at trunks.
- 13. A starting position — sitting on a chair, in hands a ball. Feet fix, hands lift. Bend back, concern with a ball of a floor and again sit down.
- 14. A starting position — kneeling, hands are lowered. Slowly bend back, without bending a foot in coxofemoral joints, and return in and. The item (fig. 7).
- 15. The Starting position — lying on a bench delivered, a head upwards, by hands are kept for it above. Lift as it is possible above direct feet.
- 16. A starting position — lying on a back, it is low lift both feet. The partner pushes them downwards, and you try to keep their lifted, 17. Hung on a wall bars or a crossbeam. Slowly bend feet, knees tighten to a breast, return in and.
- Item 18. In slowly lift and lower direct feet.
- 19. In feet are lifted. Execute them circular motions. The last 3 exercises are easier for executing in fast rate and with slightly bent feet.



Fitness – Dieta Man

- After an exit of a film of 300 Spartans a main objective of many men in sports halls reduction of muscular weight the big relief began to achieve for the purpose. Unfortunately, to reach it not and it is simple, especially if you the beginner in fitness. For reorganisation of a body you need to use the improved programs of trainings. The exercises used for training of actors in a film of 300 Spartans, have been taken just from such program. And if correct construction of a body – your main objective you need to think of these exercises.

Complex of exercises for "drying" of muscles

- What is the exercises for "drying" of muscles
- Exercises for "drying" of muscles is a complex of exercises with use of the weights, intended to clean superfluous glicogen from your body.
- Glicogen in muscles executes a role of storehouse of hydrocarbons in your body, and it gives energy for physical exercises. When in an organism it does not suffice, you physically cannot continue to execute exercise, and the body is exhausted.
- Reduction glicogen will approach those who wishes to have "dry" muscular weight. However it is necessary to notice that if you execute a complex of exercises and keep to a required diet it is possible to infringe upon ability of muscles to absorb nutrients because of what your muscles will be more complete as all the same will save more glicogen than it is required.
- Besides, reception of a considerable quantity of food right after physical activities will immediately cause anabolic reaction. If a food at you is planned correctly you will not observe strong discomfort as the majority of calories intend for restoration and growth of muscles.

How to execute exercises for shrinkage of muscles

For fulfilment of a complex of exercises for "drying" of muscles it is necessary to get acquainted with the so-called circular program of employment. In effect, you will pass from one exercise to other practically without interruption between them. For the approach it is necessary to execute 15-20 repetitions, therefore and the lifted weight should be less, than usually.



Training of feet

- the Press feet
- Bending of feet
- Lifting on socks
- Razgibanie of feet
- Bending of feet sitting
- Lifting sitting
- Knee-bends with weights
- Bending of feet standing
- Lifting on socks from dumbbells



Training of hands, breast and press muscles

- Lifting of dumbbells lying on a back
- Rowing draught, тросовая
- the Press of draught from shoulders
- Draught downwards
- Return twisting
- the Inclined bench for a press
- Draught with a narrow grasp
- Delta-car
- Draught downwards
- the Press lying with the narrow successful fellow
- Lifting of dumbbells sitting
- the Training apparatus for an abdominal tension
- Lifting of dumbbells sitting on an inclined bench
- Lifting of a bar by hands to a chin
- the Power training apparatus for hands over a head
- Bending of hands without rotation of hands, hammers
- Training of muscles of a press on a ball



Салат «Армения»



Необходимые продукты:
помидоры - 4 шт.
огурцы - 4 шт.
зелень петрушки - 1 пучок
зелень базилика - 1 пучок
перец черный молотый - 1
щепотка
соль по вкусу

Способ приготовления рецепта:

1. Промытые огурцы и помидоры нарезать тонкими кружочками и уложить на тарелку чередующимися рядами.
2. Один огурец надрезать вдоль на четыре части и поставить в середину салата.
3. На верхние надрезанные части огурца надеть колокольчики, свернутые из тонких кружочков огурца. Салат посолить, в колокольчики насыпать немного перца. Оформить зеленью петрушки и базилика, придав колокольчикам вид маленького букета.

Салат «Майя»



Подходит ко всем блюдам, как к рыбе, так и к мясу.

СПОСОБ ПРИГОТОВЛЕНИЯ
Все ингредиенты укладываются слоями.

1. Натертая сырая морковь.
2. Майонез с чесноком, солью и перцем.
3. Тертый сыр.
4. Изюм.
5. Тертое яблоко.
6. Майонез с чесноком, солью и перцем.
7. Сырая свекла натертая на терке.
8. Майонез с чесноком, солью и перцем.
9. Все обильно посыпать зернами граната.

