

*READ THE INSTRUCTIONS BEFORE USING THIS PRODUCT
AND KEEP IT FOR FUTURE OCCASIONS*



USER MANUAL AND WORKOUT



**MODEL
E0001-00**

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**PLEASE, READ THIS USER MANUAL
BEFORE USING THIS PRODUCT**

» IMPORTANT SAFETY INFORMATION

1. Before using the training equipment, read this manual carefully. Only the correct installation, maintenance and use of equipment ensure the safe and effective training. Only the correct installation, maintenance and use of equipment ensure safe and effective training. Recognize and familiarize yourself with the equipment, keep this manual for future references.
2. Consult your doctor in order to avoid health incidents arising from any injury or illness. Any medications that affect heart rate, blood pressure, and cholesterol levels should be prescribed by a physician.
3. The training should always be according to your physical condition. The incorrect training can cause physical injury or discomfort. If you have any of these symptoms, headache, chest tightness, irregular heartbeat, shortness of breath, dizziness or nausea, stop exercising immediately. Go to your doctor in order to make sure you can continue the exercise without any problem.
4. Keep your children and pets away from the device during training; this appliance is only for adults.
5. Place this training equipment in a solid and flat place. It is advisable to place a protective layer on the floor or surface to avoid damage. Make sure that the training equipment does not have objects less than half a meter away.
6. Before starting the workout, make sure all bolts and nuts are properly tightened.



7. Use the training equipment in the way prescribed by this manual. If you detect any faulty component or unusual sound while using the equipment, stop the training immediately and check the manual in order to solve the problem and continue.
8. Wear appropriate clothing with the training equipment, avoid wearing loose clothing as it can get stuck with the equipment and interfere with proper functioning.
9. The training equipment is suitable for domestic use. The user should not weigh more than 120 kg
10. To move the place of the training equipment, pull the handle bars and use the wheels of the front base.

NOTE:

THE IMAGES OF THIS MANUAL AND THE SCHEMATIC PICTURES ARE FOR REFERENCE. THE APPEARANCE AND TECHNICAL PARAMETERS MAY BE MODIFIED WITHOUT PRIOR NOTICE.

USER MANUAL

» DESCRIPTION

The use of the product can improve the physical condition and the muscle exercise. A balanced and healthy diet complements the exercise for weight loss.

» WARM-UP BEFORE THE TRAINING

The heating stage can improve the blood circulation of the body and make muscles achieve a good level of training. At the same time, it reduces the risk of cramping or muscle contraction. It is recommended to maintain stretching exercises after each workout for 30 seconds (be careful not to do strenuous stretching exercises as to avoid muscle damage).

If you notice any discomfort, stop the practice and consult your doctor.

» TRAINING PHASE

This stage is the formal training phase. After a long time, the exercise can improve the muscle flexibility. The training process is to stabilize the intensity of the training. To select the exercises according to your physical condition, use the heart rate control and keep it within the given range.

» RECOVERY PHASE

At this stage the muscles are relaxed and the heart rate progressively returns to the normal rhythm. This stage should be done moderately and without resistance or weight. Perform training at least three times a week.



▶ TONING MUSCLES

Strengthening and toning muscles can be a task that requires time, effort and dedication.

It performs routines that involve two or more muscles in one movement, allowing you to save time and, it helps you to work more parts of the body in the same exercise. The exercises, their order, equipment or other modifications that do not allow the muscles to get accustomed to the movements, can be changed, and the work can produce positive results in the body.

▶ LOSING WEIGHT

In order to lose weight with cardiovascular exercises, you must perform at least 20 minutes of cardio from moderate to intense intensity during 3 times a week at least in order to burn calories and accelerate your metabolism as to change your shape.

▶ TRAINING METHOD

In this training, step by step we will combine strength and cadence. The body must be adapted gradually in order to reach the intensive training and move from conditioning to strengthening heart rate and muscles. It is recommended to use the training circuits at least three times a week in order to reach results. Remember to warm up and stretch at the end of each workout.

WARNING!
KEEP CHILDREN AWAY FROM
THE DEVICE WHILE DOING THE WORK

CONTENT

» ALL THESE PARTS MUST BE IN THE CARDBOARD BOX



1	Main structure (upper)	10	Computer
2	Main structure (lower)	11	Pedals
3	Front structure (pedal system)	12	Book or Ipad Stand
4	Bow-Rail	13	Blister with screws
5	Base legs	14	Seat post
6	Handle structure	15	Rail stop
7	Handle bars	16	Bolts: A) Large Safety Bolt
8	Carriage table		B)Seat bolt C)Front bolt D)Side bolt
9	Cushion		

ASSEMBLY INSTRUCTIONS



1. Joins the rear leg (5) to the lower main structure (2) with two screws (21), two nuts (34) and two washers (38)



2. Assemble the main structure (1) y (2) (Upper part with lower part)



3. Attach with three screws (24 M8x20) and three washers (37), the union of the structure. (Upper and lower part)



4. Attach the lower main structure (2) with one screw (20), two washers (37) and one nut (33)



5. Insert the Bow-Rail (4) in the main structure, attaching it with one screw (24 M8x15) and one washer (40)



7. Put the other base leg (5, leg with wheels) in the pedal system (3) with two legs (21), two nuts (34) and two washers (38)



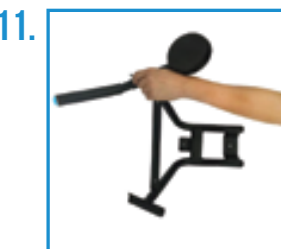
8. Place the corresponding pedals (11) on each side.



9. Attach the main structure to the pedal system (3) with one screw (20), two washers (37) and one nut (33)



10. Insert the large safety bolt (A) to set the desired SLOPE



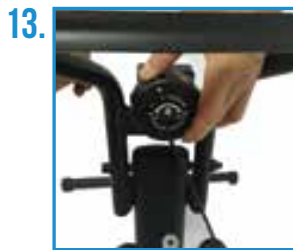
11. Assemble the handle by placing the structure (6) on the bars (7) with two washers (38) and two nuts (34)



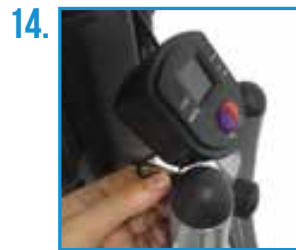
12. Introduce the handle structure (6) in the main structure (1) with two screws (19), two washers (38) and two nuts (33)

**The numbers of the screws and nuts are listed in the blister with screws.

ASSEMBLY INSTRUCTIONS



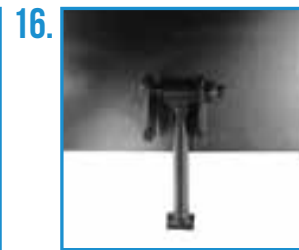
Install the resistance knob for fixed bike in the handle structure with the already pre assembled screw



Install the computer (10) in the bow-rail support (4) and connect the cables.



Place the book or Ipad stand (12) with the screws (27)



Screw the seat post (15) to the Carriage table (8) using the screw (22), one washer (37) and one nut (33)



Screw the cushion (9) to the carriage table (8) using four screws (24) and four washers (37)



Put the carriage (8) over the bow-rail (4)




Put the security stop (16) over the bow-rail (4)



Ready-to-use assembled appliance



 **LARGE SAFETY BOLT**

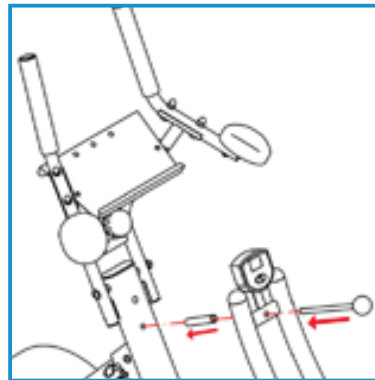
 **3 SLOPE POSITIONS
TO INCREASE
THE TRAINING LEVEL**

HOW TO PLACE THE FRONT BOLT



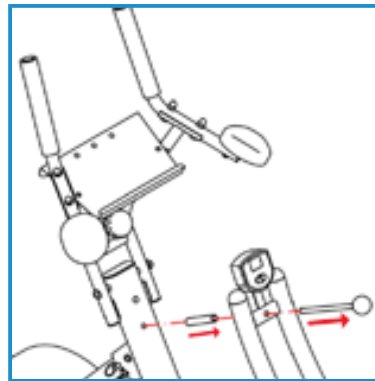
The front bolt (C) allows releasing or attaching the bow-rail in order to perform different exercises or routines.

▶ ATTACH



Insert the front bolt (C) to attached the bow-rail to the main structure in order to perform the **AB FRONT** exercise

▶ RELEASE



Remove the front bolt to release the bow-rail from the main structure and perform the **AB SIDE** exercise



When the security bolts are **NOT USED**, they can be placed in the **book stand holes**.

REMEMBER TO CHECK IF THE BOLTS ARE IN THE RIGHT POSITION IN ORDER TO AVOID ACCIDENTS.

5 FUNCTIONS

STATIONAY BIKE



Attached the seat with the side bolt to the bow-rail, Adjust the cushion in horizontal position by placing the bar underneath and place the seat bolt



AB FRONT



Remove the side bolt and the seat bolt to slide the carriage properly

Place the front bolt to attached the bow-rail to the main structure



AB SIDE



Attach with the side bolt the carriage to the bow-rail

Remove the front bolt from the bow-rail to release the turn



5 FUNCTIONS



» AB COMBINED



Remove the side bolt and to slide the carriage properly



SIDE BOLT



Remove the front bolt to release the bow-rail turn



FRONT BOLT

» PUSH BIKE



Lean back in front of the device in the fixed bike function



2 IT CAN BE USED BY PERSONS AT THE SAME TIME!!

You can use a chair in front of you to use the fix bike while someone else is working the abdomen

WARM-UP

» HEAD TURNS



Turn the head to the right for five seconds, feeling the stretch on the left side of the neck. Then, turn the head to the left. Turn the head back during five seconds and put your head on the chest during three seconds.

Repeat 10 times

» LIFTING SHOULDERS



Lift left shoulder toward ear for five seconds while lowering the left shoulder lift the right shoulder in the same way for five seconds.

Repeat 10 times

» TRICEPS STRETCHING



Extend both arms over the head. Bend your left arm and lower your hand to touch the back of your neck. Hold your left elbow with your right hand and pull back as far as you can.

Hold from 20 to 30 seconds. Then repeat with your right arm.

» QUADRICEPS STRETCHING



With the left hand, make contact with the wall to maintain the balance and raise the right heel very close to the gluteus. Hold it with your left hand for five seconds and repeat the action with the left foot.

Repeat from 10 to 15 times

» INTERNAL THIGH STRETCHING



Sit on the floor with the soles of your feet together and your knees out. Keep your feet close to your groin. Then gently press your knees to the floor.

Repeat 10 times

» CALF STRETCHING



Lean on a wall with your left leg in front of your right leg and your arms forward.

Keep your right leg straight and bend your left leg and lean forward until you feel the stretching in the calf muscles.

Hold stretched from 15 to 30 seconds and repeat 3 more times with each calf

WARM-UP

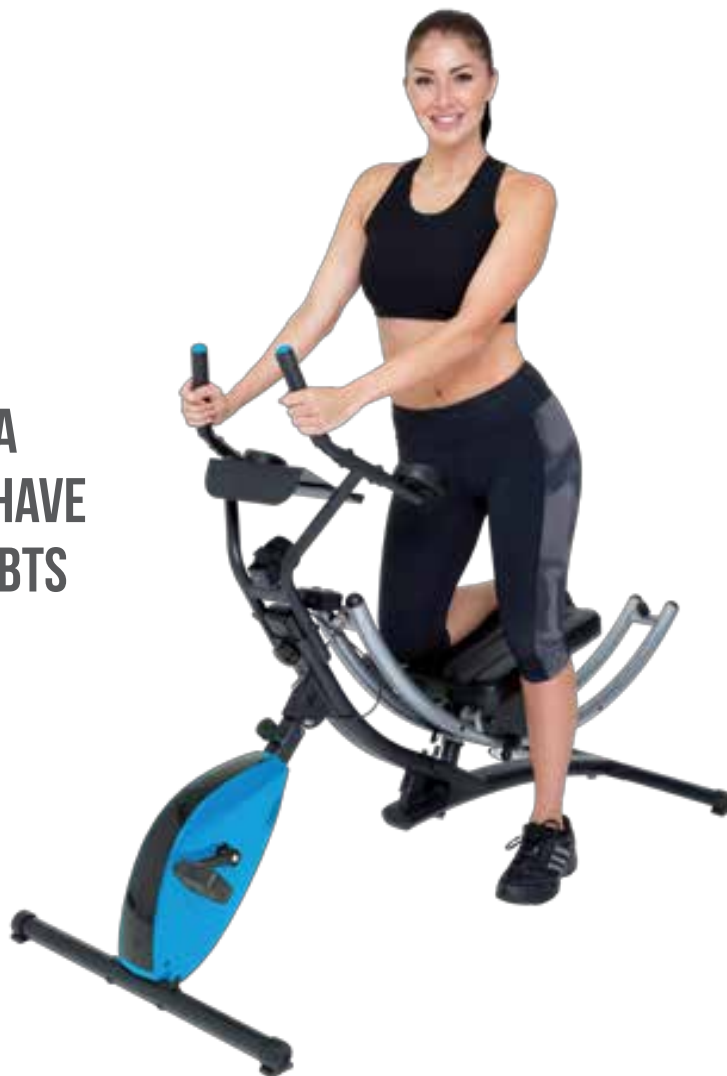
➤ TENDON STRETCHING



Sit with one leg extended. Bend the sole of the other foot toward you and place it against the inside of the thigh of the extended leg. Reach your toes as much as you can. Hold fifteen minutes and relax.

Repeat 3 times with each leg

**GO TO YOUR DOCTOR FOR A
SPECIAL ROUTINE IF YOU HAVE
AN ILLNESS OR HAVE DOUBTS
ABOUT YOUR HEALTH**



TRAINING PROGRAM



Welcome to the AB BIKE training program, during the following weeks we will be with you in order to improve your health, physical condition and quality of life.

Change your way you see the exercise at home.

AB BIKE is a device that focuses on exercising the abdomen and adjacent muscles to the central part of our body. It also gives you the opportunity to perform an aerobic exercise using the bike.

- You must wear suitable and comfortable footwear as well as sportswear.
- Always remember to have water on hand to hydrate you during the circuit.
- Breathe in a controlled way, inhaling only through the nose.
- Do all the exercises you can in each circuit.

It is recommended before starting any physical activity to make sure not to have any injuries or physical discomfort. And if necessary, consult your doctor, so you can enjoy your experience to the fullest.

Our circuits consist of a warm-up in the bicycle. After each exercise you will have a break to breathe and drink water. Little by little you will strengthen the areas worked and you will be able to advance of level. Besides, you will notice the difference when you see yourself in the mirror.

BEGINNER

Characteristics: basic exercises with low speed and intensity variations.
Objective: to acquire physical condition and begin to burn calories gradually.

INTERMEDIATE

Characteristics: More intense exercises with speed and intensity variations.
Objective: to acquire physical condition and start to burn fat.

ADVANCE

Characteristics: More intense exercises with speed and intense resistance.
Objective: Burn calories in an advance way and tone muscles.

BEGINNERS CIRCUIT

In this level, you start to work slower in order to get accustomed to your body and cardiovascular rhythm, besides, you start to know our AB BIKE.

Slope level #1

From 2 to 3 times a week.

1

▶ **STATIONARY BIKE WITHOUT RESISTANCE**

🕒 **10 MINUTES**

⏸ **1 MINUTE BREAK**



2

▶ **SHORT FRONT AB**

🕒 **1 MINUTE**

⏸ **1 MINUTE BREAK**



3

▶ **SIDE AB**

🕒 **1 MINUTE**

⏸ **1 MINUTE BREAK**



BEGINNERS CIRCUIT



4

▶ SHORT FRONT AB

🕒 1 MINUTE

⏸ 1 MINUTE BREAK



5

▶ SIDE AB

🕒 1 MINUTE

⏸ 3 MINUTES BREAK



6

▶ PUSH BIKE
Zero resistance

🕒 3 MINUTES



Remember to drink water and breathe deeply while you are getting over. Feel all the benefits of this great experience. **Do not forget to repeat this circuit 2 or 3 times during the week.**

WITH THIS WE FINISH THE FIRST CIRCUIT OF YOUR AB BIKE

INTERMEDIATE CIRCUIT

We gradually increase the exercises and the intensity to strengthen our body and physical condition.

Slope Level #2

3 times a week

1

▶ STATIONARY BIKE WITH RESISTANCE INTERVALS

5 minutes, resistance # 2
5 minutes, resistance #4
2 minutes, resistance #6
3 minutes, resistance #2

🕒 15 MINUTES

⏸ 2 MINUTES BREAK



2

▶ COMPLETE FRONT AB

🕒 1 MINUTE

⏸ 1 MINUTE BREAK



3

▶ PUSH BIKE Resistance #3

🕒 3 MINUTES

⏸ 2 MINUTES BREAK



INTERMEDIATE CIRCUIT



4

- ▶ AB SIDE
- 🕒 2 MINUTES
- ⏸ 1 MINUTE BREAK



5

- ▶ SHORT FRONT AB
(Increasing frequency)
- 🕒 1 MINUTE
- ⏸ 1 MINUTE BREAK



6

- ▶ STATIONARY BIKE WITHOUT RESISTANCE
- 🕒 5 MINUTES



Remember to drink water and breathe deeply while you are getting over. Feel all the benefits of this great experience. **Do not forget to repeat this circuit 2 or 3 times during the week.**

WITH THIS, WE FINISH THE SECOND CIRCUIT OF YOUR AB BIKE

ADVANCE CIRCUIT

The exercises you already mastered will be intensified in order to have stronger work and bigger rhythm. With this, we will make our body stay healthy.

Slope level #3

3 times a week

1

▶ STATIONARY BIKE WITH RESISTANCE INTERVALS

5 minutes, resistance #2
5 minutes, resistance #5
2 minutes, resistance #8
3 minutes, resistance #2

🕒 15 MINUTES

⏸ 2 MINUTES BREAK



2

▶ SHORT COMBINED AB

🕒 1 MINUTE

⏸ 1 MINUTE BREAK



3

▶ COMPLETE FRONT AB AND CONTROLLED SLOPE

🕒 1 MINUTE

⏸ 1 MINUTE BREAK



ADVANCE CIRCUIT



4

▶ PUSH BIKE

Resistance #3 (suggested)

1 minute flat back
2 minute lifted pelvis
1 minute flat back

🕒 4 MINUTES

⏸ 2 MINUTES BREAK



5

▶ COMPLETE COMBINED AB

(increasing frequency)

🕒 1 MINUTE

⏸ 2 MINUTE BREAK



6


▶ STATIONARY BIKE WITHOUT RESISTANCE

🕒 5 MINUTES



Remember to drink water and breathe deeply while you are getting over. Feel all the benefits of this great experience. **Do not forget to repeat this circuit 2 or 3 times during the week.**

WITH THIS, YOU FINISH THE THIRD CIRCUIT OF YOUR AB BIKE



Now that you are an expert, you can make variants with the intensity and frequency that better works with you and you can have fun.

Also, you can bike some minutes during the week while you are reading, watching TV or listening to music.

Share and recommend your experience with your family and friends so they also enjoy this new way to stay healthy. Continue with the diet plan than AB recommends in order to have better results.

Always remember to consult your doctor in case of injury or discomfort.



DIET PLAN

1 DIET PLAN WEEK



» BASIC PRINCIPLES FOR A BALANCED DIET

Nutrition is the set of processes by which the living being uses, transforms and incorporates into its own structures, the substances that receives from the outside world. In this way, the obtained energy, can build and repair the organic structures, regulating the metabolic processes.

These substances called nutrients are found in food: proteins, carbohydrates, proteins, lipids, vitamins, minerals and water.

The human being needs energy (calories), water, and forty nutrients to live. From 8 to 10 essential amino acids obtained from proteins, essential fatty acids, carbohydrates, thirteen vitamins and eighteen elements from the periodic table, in addition to hydrogen, carbon, nitrogen and oxygen, all obtained from food.

» CONSUME DIFFERENT TYPES OF FOOD DURING THE DAY

For healthy eating, you should select different food every day, from different levels in the food pyramid. A varied consumption of food ensures a varied consumption of vitamins and minerals and other beneficial nutrients. Always remember that you should consume in less quantity the foods located at the top of the pyramid, which are oils, fats and sugars.

Prefer oils of vegetable origin, decreases fats and oils of animal origin.

High consumption of animal fat such as butter, cream, ice cream, mayonnaise and fatty meats are a major risk for heart disease, especially because of their high content of saturated fats. You should also avoid foods that have "hydrogenated oils" in their ingredients because they raise cholesterol and damage the heart. When you buy vegetable oils you prefer those with soy, corn and canola. Avoid those that are called "vegetable oil" without identifying their origin.





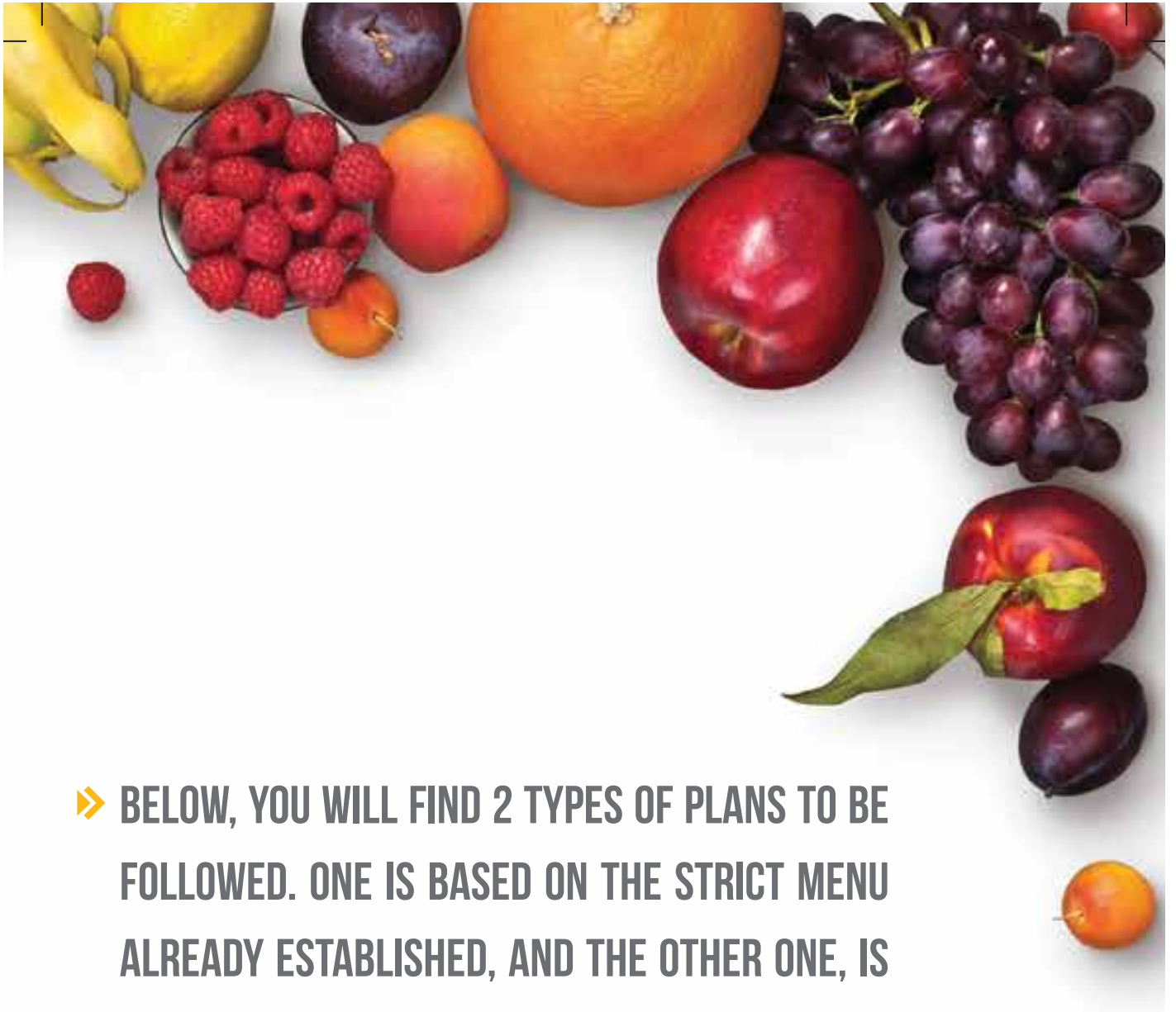
» ADVICES BEFORE STARTING THE PLAN

- ▶ Before starting any diet plan consult your doctor.
- ▶ Combine your diet plan with the constant exercise.
- ▶ Chose low-fat food and reduce your sugar consumption.
- ▶ Do not alternate periods of fasting with abundant food, eat slowly and chew food very well.
- ▶ Reduce red meat consumption and increase fish, vegetables in abundance. Take 2 or 3 pieces of fruit a day, avoiding those with a lot of sugar.
- ▶ Drink a lot of water (2 liters a day).
- ▶ Prevents or limits consumption of fried or cooked foods with excessive fat.
- ▶ Drinks allowed: water, at least 1 1/2 liters a day, all kinds of infusions and non-fat soups, light drinks, but it is only recommended one a day.
- ▶ No alcoholic drinks or non-alcoholic beers are allowed.
- ▶ Within the food allowed, the combinations can be made, provided that the quantities of each food are respected.
- ▶ Use a calendar to record all your meals.

» LOCATE THE DIET PLAN INDICATED FOR YOU, USING YOUR GENDER AND WEIGHT AS A GUIDE

Weight	Recommended plan
70 kg	▶ 1 000 kcal
70-80 kg	▶ 1 200 kcal
+ 80 kg	▶ 1 500 kcal

These plans are designed to be followed during a week of five days.



‣ BELOW, YOU WILL FIND 2 TYPES OF PLANS TO BE FOLLOWED. ONE IS BASED ON THE STRICT MENU ALREADY ESTABLISHED, AND THE OTHER ONE, IS BASED ON THE EQUIVALENCES IN WHICH YOU CAN REPLACE YOUR FOOD ACCORDING TO THE TABLE THAT APPEARS AT THE END

IMPORTANT:

- The maximum amount of oil for seasoning is 40ml.
- 80g of rice per 100 grams of potato (raw heavy) can be replaced.
- Artificial sweeteners can be used.

DIET PLAN

1 000 kcal



DAY 1 >> DAY 2 >> DAY 3 >> DAY 4 >> DAY 5

BREAKFAST
SNACK
LUNCH
SNACK
DINNER

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
BREAKFAST	3 egg-white 2 nopal tortillas 1 cup of papaya or cantaloupe or watermelon or pear or apple or berries	50 g of panela cheese 2 nopals Natural green sauce 2 spoons of homemade beans	1 cup of papaya or cantaloupe 1 sugar-free, low fat yoghurt 2 spoons of natural amaranth 1 spoon of honey bee	2 slices of thin wholemeal bread 2 slices of panela cheese, red tomato, avocado, wheat germ 1 spoon of mustard	1 cup of papaya or cantaloupe or ½ of grapefruit ½ cup of cottage cheese 10 pistachios
SNACK	1 amaranth bar	1 grapefruit 10 pistachios without salt	Nopal salad with red tomato, onion, cilantro and 30 g of panela cheese in cubes	½ cup of papaya or cantaloupe or watermelon or pear or apple or berries 5 almonds	1 package of Salmas cookies 2 slices of turkey breast 2 slices of avocado
LUNCH	Vegetable soup 200 g of grill fish with slice tomato ½ of boiled sweet potato Light jelly	Chicken soup with carrot, chayote and squash 4 medium meatballs with green sauce 1 cup of purslane ½ cup of cooked rice	1 cup of bean soup 150 g of grilled turkey breast 1 cup of mushrooms with garlic	1 cup of tortilla soup 200 g of grilled fish Spinach salad with grated beet dressed with orange juice	Mushrooms soup with squash flower and nopales 2 small pieces of baked chicken (leg and thigh) 1 cup of broccoli 1 baked medium potato with rosemary salt and pepper
SNACK	Jicama, cucumber or celery with lemon and chili	1 low-fat yoghurt	1 light jelly or light popsicle	Jicama, cucumber or celery with lemon and chili	1 light jelly or light popsicle
DINNER	Green salad with 50 g of chopped panela cheese 1 spoon of sesame, 1 spoon of olive oil, lemon and vinegar	100 g of salmon 5 asparagus	1 artichoke 1 spoon of olive oil, lemon and vinegar 50 g of fresh tuna or trout	2 nopal tortillas with 30 g of Oaxaca cheese and ½ cup of nopales or squash flower or mushrooms	Green salad with 50 g of surimi in cubes 1 spoon of seeds 1 spoon of dried cranberries 1 spoon of olive oil, lemon and vinegar



DIET PLAN

1 200 kcal

DAY 1 ‹› DAY 2 ‹› DAY 3 ‹› DAY 4 ‹› DAY 5

BREAKFAST
SNACK
LUNCH
SNACK
DINNER

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
BREAKFAST	2 grill nopals with 50 g of panela cheese 1 cup of watermelon or pineapple	2 quesadillas in corn tortilla with 2 slices of ham or turkey breast ¼ avocado 1 cup of papaya or cantaloupe	1 cup of papaya or cantaloupe 1 low fat without sugar yoghurt 2 spoons of natural amaranth 1 spoon of honey bee	2 scramble eggs with ½ cup of green bees 1 corn tortilla	1 grapefruit ½ cup of cottage cheese 1 slice of toasted whole meal bread
SNACK	1 low-fat natural yoghurt	1 amaranth bar	1 nopal salad 1 toast of Sanísimo	20 grapes, strawberries or berries	2 slices of turkey breast 2 slices of avocado
LUNCH	Vegetables soup 200 g of grill fish with ½ slice tomatos 1 cup of steamed chayote ½ cup of brown rice Sugarless jelly	Chicken soup with vegetables and chickpeas 200 g of low fat beef 2 squash stuffed with panela cheese without broth	1 cup of soup beans 150 of grill chicken breast Green salad with 1 spoon of olive oil, lemon, vinegar, 1 spoon of sunflower seed and 1 spoon of dehydrated cranberries	1 cup of tortilla soup (not fried) ¼ avocado 200 g of grill fish Caprese salad with 3 slices of red tomatoes and 3 slices of white cheese	½ cup of cooked pasta with fresh red souce 150 of grill veal meat 1 cup of boiled broccoli with scented herbs Light jelly or light popsicle
SNACK	Jicama, cucumber and celery with lemon and chili	Jelly or ice-cream without sugar	10 pistachios	Jicama, cucumber or celery with lemon and chili	1 spoon of light popcorn
DINNER	1 can of tuna with ¼ of avocado and vegetables 1 nopal toast	100 g of salmon 5 asparagus	1 artichoke 1 vinegar and olive oil spoon 50 g of fresh tuna and trout	1 oats spoon 1 spoon of olive oil, lemon and vinegar 50 g of fresh tuna or trout	50 g of panela cheese with tomato ½ of cup of mushrooms, culantro and onion



DIET PLAN

1 500 kcal



	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
BREAKFAST	1 egg-white and egg with mushrooms or spinach or Mexican style egg 1 cup of papaya 1 low-fat yogurt or 1 low-fat cottage cheese	2 corn tortilla quesadillas with panela cheese and 2 nopales. 1 tomato in slices with olive oil and oregano or lemon and salt	2 wholemeal bread slices 3 ham or chicken breast slices ¼ avocado ½ alfalfa cup 1 cup of watermelon or cantaloupe or apple or pear	Grill panela cheese with chop tomato 3 avocado slices 1 corn toast 1 cantaloupe cup	1 cup of multigrain cereal 1 cup of low-fat milk 1 banana or apple or pear
SNACK	1 apple 2 spoons of seeds	1 peach or one plum 1 cup of natural corn	1 pear 10 almonds	1 nopal salad	15 grapes 10 pistachios
LUNCH	Vegetable soup without potatoes Spinach salad with tomato with 1 spoon of low-fat dressing 100 g of grill chicken ¼ cup of boiled rice 15 grapes	Chicken soup with vegetables and rice 200g of grilled beef 2 squash or 1 cup of broccoli or 1 cup of beet or chayote without oil 1 amaranth bar	1 cup of lentil soup 150gr grill salmon steak Green salad with 1 spoon of low-fat dressing with chia seeds, cranberries and sesame. Light jelly or light popsicle	Chicken with pepper and corn tortilla 1 cup of broccoli 1 cup of squash in the Mexican way 1 peach	1 vegetables soup without potatoes, ½ cup of rice 150g of white grilled fish or 1 cup of nopal salad with tomatoes, onion, coriander and 20g of chop panela cheese 1 plum or popsicle of light water
SNACK	5 ham rolls or turkey breast with avocado	1 apple 15 almonds	20 grapes	1 package of cookies with 2 ham slices or turkey breast and 2 avocado slices	Jicama, cucumber or celery with lemon or chili
DINNER	1 tuna can with 1 spoon of mayonnaise, green beans, celery and carrot 1 package of Salmas cookies	1 cup or oats with a low-fat milk glass, cinnamon and 3 spoon of chopped raisins or strawberries or berries	1 artichoke 1 spoon of olive oil, vinegar and lemon 50 gr of fresh tuna	2 squash flower quesadillas or mushrooms quesadillas with Oaxaca cheese	Sandwich with: -2 wholemeal or rye bread -2 turkey breast slices Lettuce, tomato, onion, mustard and avocado



➤ MENU WITH EQUIVALENCE PROGRAM

1000 KCAL							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	2 protein portions + cereal portion + vegetables portions						
SNACK	1 fruit portion						
LUNCH	2 protein portion + fat portion 2 vegetable portions + 1 cereal portion						
SNACK	1 vegetable portions + 1 fat portion						
DINNER	1 protein portion + 2 vegetable portions						

1200 KCAL							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SATURDAY
BREAKFAST	2 protein portions + 1 cereal portion 2 vegetables portions + 1 fruit portion						
SNACK	1 vegetable portion + 1 cereal portion						
LUNCH	2 protein portions + 1 fat portions 2 vegetable portions + 1 cereal portions						
SNACK	1 vegetable portions + 1 fat portions						
DINNER	2 protein portion + 2 vegetable portions + 1 fat portion						

1500 KCAL							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SATURDAY
BREAKFAST	2 protein portions + 1 cereal portions 2 vegetables portions + fruit portions						
SNACK	1 protein portion + 1 vegetable portions + 1 cereal portion						
LUNCH	2 protein portions + 1 fat portions 2 vegetable portions + 1 cereal portions						
SNACK	1 vegetable portions + 1 fat portions + 1 fruit portions						
DINNER	2 fat portions + 2 vegetable portions + 1 fat portions or 1 cereal portions + 2 vegetable portions						

» EQUIVALENCE PROGRAM

1 VEGETABLE PORTION IS EQUIVALENT TO:



1 cup of:

chard	squash	chili	red tomato	tomato
artichoke	onion	green beans	lettuce	Carrot
alfalfa	cabbage	asparagus	nopal	
celery	cauliflower	spinach	cucumber	
cress	mushroom	squash flower	pepper	
beet	chayote	huitlacoche	leek	
broccoli	green bean	jicama	radish	

They can be raw or cooked

1 PROTEIN PORTION IS EQUIVALENT TO:



80 g of beef	1 egg
50g of turkey breast	2 white egg
100g of chicken	150g tofu protein
100g of fish	150g soy protein
100g of canned tuna	50g of low fat cheese
100g of fresh tuna	(cottage, panela or Oaxaca)
100g of lobster	50g of goat cheese
100g of crab	1 cup of low-fat milk
5 bars of surimi	1 cup of almond milk
5 big shrimps	1 cup of soy milk
1 cup of cocktail shrimps	½ cup of beans, chickpeas,
12 oysters (oysters, mussels, clams)	beans or lentils

1 PROTEIN PORTION IS EQUIVALENT TO:



1 apple	1 fig	1 taza de:
1 peach	1 kiwi	1 cup of:
1 tangerine	2 plums	Pineapple
1 orange	4 lichis	Papaya
½ grapefruit	½ fruit ice cream	Watermelon
1 guava		Cantaloupe
		Berries
		Strawberries
		Grapes



1 FAT PORTION IS EQUIVALENT TO:



¼ avocado
1 spoon of olive, almond, soy, canola oil
1 spoon of light mayonnaise
1 spoon of low fat salad dressing
1 spoon of tahina
10 natural peanuts
7 natural almonds

5 natural cashews or macadamias
6 natural nuts
10 pistachios
2 spoons of sunflower seeds
6 green olives
5 black olives
40g of dark chocolate (50 % cacao)

1 TUBER AND CEREAL PORTION IS EQUIVALENT TO:



½ cup of quinoa
½ cup of cuscus
½ cup of rice
½ cup of boiled pasta
½ cup of oats
1 bar of amaranth
1 cup of bran
½ cup of multigrain cereal

½ of white corn
1 medium potato
½ cup of spaghetti
2 cups of natural popcorns
1 corn tortilla
2 nopal tortillas
Salmas package
1 slice of wholemeal or rye bread

FREE FOODS:



Vegetables:

Chard, artichoke, alfalfa, cress, beet, broccoli, squash, onion, cabbage, cauliflower, mushroom, chayote, green bean, chili, asparagus, spinach, squash flower, huitlacoche, jicama, red tomato, lettuce, nopal, cucumber, leek, radish, tomato, carrot.

Condiments:

Lemon, garlic, caper, culantro, mustard, parsley, pepper, vinegar, "piquin" chili, aromatic herbs, chia.

Desserts:

Light jelly, light ice cream, coffee and tea without milk or cream, water (natural, lemon or hibiscus) without sugar.

Artificial sweeteners:

Splenda and Stevia.



