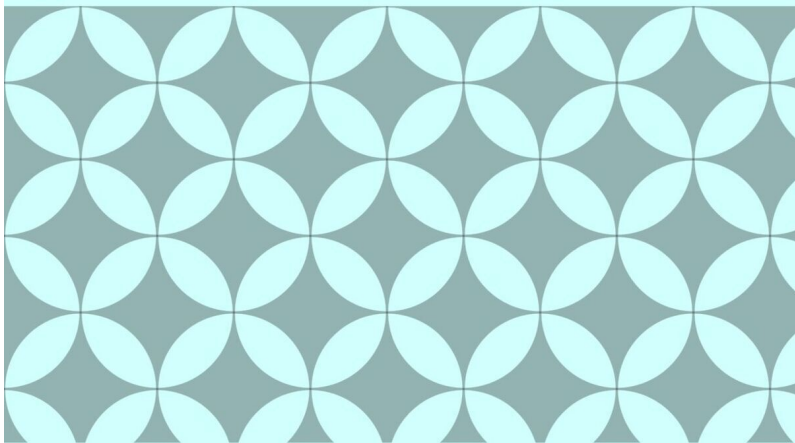


Sergey Demyanov



## DIET THAT WORKS

In every life there comes a moment when  
one realizes that he went not there.  
But not everyone has the opportunity  
to get out on their own

**Sergey Demyanov**

**Diet that works. In every life there comes a moment when one realizes that he went not there. But not everyone has the opportunity to get out on their own.**

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### **Аннотация**

This book contains my 10-year experience of the “vital diet” change lives. It was possible to reconcile the irreconcilable: slimming diet with a diabetic diet. Yes, and the first type of diabetes mellitus, and suffer them to only 10% of diabetics. But I managed to win: even when left without metabolism – the basis of harmony. The fate of an order has complicated my task, at times reducing my chances of living graceful. But I managed to win: I did. And so – I have the right to write about it.

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# **Diet that works**

**In every life there comes a moment when one realizes that he went not there. But not everyone has the opportunity to get out on their own.**

**Sergey Demyanov**

*I did. And so it's my right to write about it*

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# Chapter one

## Diet: cheap. tasty, effective. And not hungry!

*“Dear reader! If you opened this book – well, at least out of curiosity – then you’re already on that coveted rung of the ladder leading you to the exit and reached the stage of awareness where you need to change something, work on yourself, so – and his appearance – which is INSEPARABLY and directly connected (say, going forward).”*

Hello curious reader! In the hands of you – my collected years of experience in the ascent and consolidation of harmony: from the weight of 78 kg to the weight 63. Yes, I know: about diet is already so much written! So much is said: the extremes – from the use of one product in one diet to harm in the other. But what to do: who to believe? I too, my dear reader, doubt, sought, chose, thought. And tried to come reasonably FROM THE beginning that all my path was calculated with a REASONABLE point of view without HURTING their health in the pursuit of harmony... Ah, if I knew what a cruel joke you play with me destiny, “gave” diabetes. Yes, and the first type. And my job interfered with the third objective: to be physically fit and ... able to use force what is impossible – too small..













Dear reader! My name is Sergey. Live in the city of Volgograd.

A real Person, with his tastes, views on life. The idea to write this book – I had long ago, but pushed to the final writing of the book – the desire to really help achieve the desired result — a gradual, sensible from the perspective of “do no harm” to their health – — razbalansirovat your body – extremes diets, And proper fastening of the received result and maintain work —the result of simple restrictions and maintenance of certain simple

rules of “life diet” Yes, my dear reader, I TRUST you: like all my friends. While they are by their actions (or inaction) in relation to me – proves the opposite. So – as my friends – lend a hand – open hand —almost horizontally. Open —to you and to them. Although this openness is very much hurts me, makes me trust target for bad people who are closed to me and just take advantage of my childish gullibility and kindness. Use – even knowing that I see it and me – it’s very, very frustrating and angry! But I just can’t help myself: such is naive and kind. Although —in order to justify – there are PEOPLE with capital who are the same as I did.. But – — a little. but there is! But you, my dear reader, meet and lend each other a hand for a handshake and I trust you and would like respect and trust – in return. Trust is a delicate thing. But if it is going to hold and the planet. The confidence will be stronger and clearer if we communicate on “you” Because the communication “YOU” – emphasizes the boundaries of “no convergence”. So go straight to “YOU”: so it will be easier to communicate, my dear reader. And so: I — Sergei. And you? Well met! Now, when I and you, my dear reader, can easily communicate, will tell you everything that I had to face and that had to go through: nervous shock, loss of hope and faith in the future – up to full joy in this life.

What I had to do, to change, to replace some products (flavors) in other – food, physical activities and exercises. In General to change their lives so that “diet slim”, “joined” into my everyday mundane life and became its integral part. and

the desire to learn how the gradual climb to the desired result by gradual change of their life

– became my goal. Not like other diets: something short-lived, debilitating, cut off from reality. With a bunch of prohibitions and restrictions that are simply maddening! No, my diet – life with which to live: not hungry and delicious... So we're it in the future will be called the "life diet". That is LIFE. In which "co-exist" – diet harmony with satiety. Over these 10 years, has accumulated a lot of all the things I'd like to share with those in need of such information: a truthful, proven and... successful. Start from the beginning, my reader. By horoscope I'm Virgo: the meticulous sign of the Zodiac, dripping to the bottom in the details in search of realism and practicality of use in particular, the appropriateness of these applications, without going to extremes. Constantly looking for the ideal "middle ground and reasonableness – IN EVERYTHING from food to thinking – here. (as a result of feeding of the brain – barley porridge, which nourishes the brain, improves thinking and which Pythagoras – were added to the diet to his disciples – as a compulsory product, the product of mandatory consumption (our "life's diet, too: there are "essential" products). Therefore, collected information, analyzed, choose the best. comparing the results of "use" – of a product in practice (i.e. myself) is the end result. Constantly improved, achieved and received-always "upgraded", improved and recorded the resulting algorithm, exercises and the sequence of days. First it was the "dark forest"!

But then when the harmony and clarity of mind become apparent and visible and gave not the eccentricity of my personality – it gave me confidence, and had only to maintain the gains achieved and to live without eating “love and harmony”, is tasty and varied, not gaining weight.







The book contains my 10 years of experience diets climbing the stairs-redesigned under him, to achieve the desired result: harmony and relative body. without losing physical abilities and strength. And as it turned out – multiple increase good mood and beautiful thoughts, which have become much more thanks to the products in conjunction with a proper regime of physical loads. Opening this book, you stood on the first rung of the ladder leading you up out of the situation – to the sacred mirror in which you see your desired reflection. The stairs leading to the new world that its own efforts, taking only the best from my experience staying in "the life diet" – you build yourself. And this practical experience, I will share with you. No, not for profit, and to you, my friend, my dear reader, was able to achieve the desired result of harmony is after all GRADUALLY and confidently. And that means you'll be CONFIDENT. And so in the hands of you "a practical guide", a "set of Rules", complex in the beginning and these simple – coming gradually to you experience of diets and loads and restraints shaping of your PERSONALITY. (that is what you eat.) your body and relief body (what you're doing.). That eventually will change and your personal life: close to you (FINALLY!) —will be the coveted object, which is WORTHY to be with such a lovely person, perfectly capable to think and are able to apply their knowledge.



Always say, Intelligent design (of anything, and diet – with all the consequences emanating) – lies in the ability to think SENSIBLY.” And if you, my intelligent reader, appreciate the experience of others (bitter), and listen to the opinion of people who KNOW the area, what they say means that you are looking for a REASONABLE way to start: how to START, practical experience – better tips. And let at the beginning of this experience – a stranger (what else?!). How to check: does the diet of nutritionists ON YOURSELF? Yes, just look at it, this nutritionist: if he is slender and fit —it means the diet is working. Do not believe – fatty nutritionists, cosmetologists pimply.... And I had to deal with such incompetence! Where I fell in the office from exhaustion, caused by diabetes and lack of strength to stay on his feet. While almost all doctors shied away and dismissed me as a nuisance with his obsession. “Think about it, acne! We are too!” assured with a grin, one of the doctors (in quotes), with ironiziruet about my panic because of progressive skin eruptions from me. And took me (guess!) – A PSYCHIATRIST!!!! Can you imagine?! And then, when competent therapist (GOD bless her health!) looked only ONE I have previously defined analysis, with horror, asked: “How much do you have to go here?” Well, I said three months... And she is just in disbelief: You can die here!” And showed me a figure that was 0.6 at a rate of from 6 to 30. And urgently have written m is not the “referral for hospitalisation”. And my “shiz” – was “diabetes... and even with

full not production of insulin: “diabetes of the first type”. . I was in shock and ...lost all hopes for normal life in the future and lost to it all interest in, And barely made it to the hospital, where he fell on the edge of the bed and night – in bed in a semiconscious state Wake up only from the fact that I changed the needle droppers... And scary —STILL knowing that if not for the doctor WHO REPLACED my therapist, HAPPILY and with a clear conscience and with a sense of completed duty, resting on vacation, I would have just died from “diabetic coma.” this “experience of incompetence”, which I had to face... and to FEEL all the “charms” – for yourself...

And when I was saved by a good, kind and helpful people of the hospital – I went back to that doctor, which took me with my diabetes – to the psychiatrist: “how was it? My ‘shiz’- turned out to be diabetes of the first type.”! To which she apologized and assured that "my case with skin rash – will become the basis of further tests patients with similar cases and test them for diabetes... I passed ALL possible tests, we Visited ALL the doctors! Paid, free....Alas: and those and others – do not guarantee correct diagnosis, proper treatment and... SENSITIVE and attentive attitude to yourself! Not the warranty is valid and necessary in the moment – skilled care and effective drugs! Had to drink a BUNCH of unnecessary medications (because of this competence, though for the money on a paid admission). So I had to experience what is called a “full” the Not competence.,and extortion of money in the paid centers.

So, where were we? Yes, you have already stepped foot on the stairs and in front of you – are already visible steps “climb up” in sunlight, leading upward. The staircase: AND WHO SAYS that from —would be easy? Who calls —specific terms and the results – in short *срок*! Here, all individually! Hard way, with many temptations, and limitations. At some stage you stop, it will stumble, usagov back again. So I was (so). But up there, something coveted mirror, the dream in it waiting for you – YOUR slender reflection, that COVETED reflection of the dream that how obsession is calling you to go, rising higher and higher up. The desire that does not give you sleep. The desire to achieve the desired result and to see the MIRACLE will surely happen to you and your body at a REASONABLE and purposeful effort to change. All of this – you’ll have to get with the spirit, thoughts, and despite all the difficulties, even though at one stage – BUT UP! And gradually through this difficult path of working on oneself, from the bottom of the steps (when you wouldn’t yourself, my dear friend, to see in the mirror), to the victorious top: to the last stage. And to swing open the exit door of dreams, and in the middle of the bright room, the rays of the sun, in the middle of the room you see that large mirror. where in full growth – you can see your reflection: my sexy slim figure that you dreamed so strong... The hospital bed is the result of that is YOU. The MIRACLE you’ve been WAITING for, happened. You have achieved the desired reflection, for which there is no shame.. And I want to shout from the overflowing

all of you joy, desire to go and demonstrate all the beauty and terrain of your body (within reason of course!) You got the reward received for their efforts, and those arising to overcome you difficulties. but when you smile you pretty people who just did NOT NOTICE you, and when the one you love – no longer shies away from you because of your fullness (as before) and when you're CONFIDENT and that confidence overwhelms you, you can come for whom I have certain feelings and you have a CHANCE that you JUST COULD NOT BE! (for your external unattractiveness). When you see the wide open doors of new OPPORTUNITIES, doors that previously was closed to you. And you have – not the one that was before: before joining the coveted stairs of the diet and with each step you are changing and getting better and better. Prettier and more attractive! Clearly the desired shape and your thinking becomes even more dangerous when you're already “soaked” the usefulness of the right foods: the BEST and useful for you and your body and your soul. TOGETHER with the correct and healthy diet and build the correct elevation of the body come correct and useful thoughts.

## **Chapter two**

### **Efrigerator – each**

Fridge: friend or... And it depends on you! Back in 2006, when my friend the dietitian “raided” to me, to fulfill their “professional duty”, doing with me (as I thought) – in a brutal way, I was literally shocked it with a smile – put of the products on the upper shelf, the part on the bottom – shifting them and hanging out like in a gambling type game “thimbles”. And some do: just thrown out of the refrigerator they brought with them the package. Then pulled out brought them a bag (as I thought with humor “tools or what?!) a roll of aluminum foil, well in what would normally be baked in the oven, one shelf – (as I remember) top – covered with the foil (and brushed up),so I-“didn’t meliloti”. A psychological technique that has worked. And firmly demanded these products – only after school (as he said then, “physical”). Middle shelf has been very poor: milk, yogurt, fresh vegetables... At the bottom – one water and ... vegetable oil. And – one “mustard”. . In the door however, was still the mustard, lemon in tea, in NOT a lot! Yes! And pointed me to the package that he “threw” – the 20% sour cream, mayonnaise, butter, white bread, loaf meat pie, boiled and liver sausage, salty bacon and....ketchup, which as it turned out, was wrong: with starch! And asked to remember as he

takes them from my room... from my present life. Well: it only remained to question what I do now with my diet! He, my friend is a nutritionist, with a smile asked me to go with him to the store: he's with me – type “missing” as it was then called “tools” for the figure.. In both! We went to the usual “magnet”, where he began to show me that before I was a little worried: he began to show me OBVIOUS indicators of caloric content, fats, showed that I – is STRICTLY prohibited. Little by little, with interest from all these new things for me, I found in his basket buyer the following products (or rather"figure tools): low-fat cottage cheese firm “favourite city”, Kamyshin factory packaging – package of 500 grams, frozen salmon, yogurt, and 2,5%, green canned peas (brain varieties), fresh apples, and pineapple, and fresh, and I am VERY happy! And bread, and "Poliany"...Actually —hunger – don't die! Arriving home, my “sorter”, as rabid, again began to “put up” all the shelves! The result: salmon —was in the fridge, the curd was divided into two halves, one of which was “routinely available, fermented baked milk, together with the first half of a curd – gone on the shelf “EXT. power” (as it turned out – that's the shelf!), And only three cans of green peas – were “available” on “running everyday shelf of the refrigerator. Where was the vegetables. Well, the bread —as it turned out, for psychological support and fullness – mental satiety. Then gave me a number and told me to call immediately: there is a coach on physical training. After that, I had no choice, to obey...

My fridge and now —just to “use”: here, look, not to talk



behind my back saying that tells about an empty fridge, and at most, he burst with Goodies, sausages, bacon, etc. No, I love you and others not going to “fool” and fool!



“The refrigerator is your friend, which you provoke! Ketchup “Heinz or “Sloboda-no starch and only sometimes, for Goodies, barley porridge or boiled eggs etc”.











No, not wine! And “living water”: “water of harmony-  
FROZEN!



















# **Chapter three**

## **A trip to the store: don't gain extra**

### **Hungry – out of bounds**

Now we will talk to you about going to the store to inactive the day.” Or “active,” but after school. Always heard and always made sure: “hungry – out of bounds. Otherwise, you start to want to eat EVEN more – in spite of the temptation around: candy (even “candy and cream: 8,5 g. fats), cakes delicious, not much danger for the shape and “baked – out perhaps, but the emulsifiers and palm oil in combination with deodorized fats and oils in General.. – — POISON! And recruit a replacement ANALOGUES: – bread, marmalade, marshmallow cottage cheese... And maybe a canned squid. But today, inactive day you were planning to buy only sub-zero products: green peas, tomatoes”tomatoes in juice” or “Lecho”...But scored – and HAVE that... you don't need for today. Well, it happens! And I do this also: happens. But I say again: because of hunger, we gain more. Do yourself, your “achievements” don'T give up: hand – to reach for osanobu liver... Look at the label and remember: “it is easier not to throw. Than to get!” And: if you are full – you have enough forces (if they succumbed to the temptation and went to the liver) holding the packaging and reading the chemical (WHAT ELSE?!) “part of the” conditional

product”. Look at the label and remember: the 14 grams of fat (or even 15 odd in it”, 480 calories (!!!), deodorized oil...margarine, and margarine which is now difficult to call on him. the composition... DO YOU NEED ALL THIS for 15 minutes of fun???! A pack-300 gram, 400, or Multiply it —this vigorous figure – 480 calories – 3 or 4 —the HORROR! Counterparts, if you are not able to ward off this “thirst for taste” – immediately toss the packaging and go to the Department to the shelf of breads: wheat, rye... Bran is the most “something.” But again: calories – they have a COMPOSITION different too Like with black bread! (Later I will say about it). So, look: we —need taste. That is the same, but without the Maslov —machine —deodorized” without unnecessary fats – transgenic without the extra “appendage” voosche. My choice is always simple: take a pack of “oat flakes”, but only a trick: to make larger: then they taste have. And – fresh. And it took once: sad taste because of the long storage quality. Fresh – thing, what “we”! And so bought: oat flakes “Hercules”.

Take the bread: my choice is simple: to 300килокалорий which less fat northmoore: today is"rye". Tomorrow-"wheat. The day after tomorrow "whole grain." Diversity in everything! From "permissible" And the main index: fats. Remember the Golden and simple rule: "less fat" – a slimmer waist. Bread: fats is from 2 to 100 grams. There are 3,there are 3.2 grams per hundred grams of bread. they —and parries it alone. Tomorrow, or the day after. Most importantly, NO corn flour in less flour in them,

no “improvers”, emulsifiers.. And —don’t believe a large and major labels that you see only briefly probies at the front of the package: “dietary product” (with the 370—390 calories!!!) “Lean product.. etc! ALWAYS read the composition, and the numbers: calories, fats, carbs (too:? The indicator, which is worth to watch, later will tell).And again, remember the BASIC principle that you already know: take only SCHEDULED for a single nutrition intake: one pack of bread, If you take two, checked on my experience: eat when you to anything! “Manual access” is a poor-rate, be seduced by what you can reach. You will be easier to handle. But I had to fight..to leave out the “gold middle” option: in the night, closer to midnight, especially during the day or at work, with physical loads —suppression or even scientifically “relief” gipoglikemii (this is when I start to drop sugar from FORCED injections and already starting to feel the control of movement, eyes dark and ears and have – not is cost on my feet, I want to sit down. In General “take charge” and began the process that would lead to loss of consciousness. And I have only 10 15 minutes to in the “manual access” at arm’s length – to open a jar of sugar and immediately eat a certain amount and then”JAM (!!!) —bread, biscuits, sandwich.. yeah, 01 in the morning! Knife – on a diet! So my forced “the fixer” – when I have the daily little energy in the form of calories is the bread. So sometimes when I don’t want it, but lie and I remember about them and... wants to walk, and unable to be tempted —though approved by the product from the standpoint



of nutrition, and to open and chew on it. And you can not take it.! Harmony-worth it. Remember! If the day's activity – buy and yogurt to them: the VARIETY of three flavors gain: as with sour cream (as if without sugar, yogurt (sugar), and separately: the bran with sugar, and then drink kefir. Or you can buy it instead of or in addition-the snow (again: fewer chemicals, and calories) Yogurt and all the milk (remember): up to 2.5% fat! Buy and enjoy, at least on the way out of the store – opened and get bran (they look like crackers.).Home open the package “Hercules”, the spoon. Teaspoon: work reception: smaller, more eat, faster – be satisfied, and eat less in summary: checked – works. Spoon – first into sugar (the neck – like the banks, make it easier with a spoon “dive”. Then with this sugar-less direct draw – volume – cereal, part of a spoon with sugar and empty. Eat – taste – STO procentov – oatmeal cookies. But the only benefit: no dangerous unwanted your body fat. No Maslov – poisons, and all natural fats in flakes – 6 grams per hundred grams of product – all useful: for skin, for taste, vitamins and mineral elements for... LIFE! They are very filling So don't eat much.! That's it! Drink your yogurt: eat it – and without harm to harmony. Even in the inactive day.

In the end I will have recipes Slim baking: oatmeal cookie recipe without flour, my, modified and cool taste!

After eating and enjoying the “FLAVORS of LIFE”, remove the extra – in the bag: not to seduce! Until next time, when VERY WELL want good!

## **Chapter four**

### **Breakfast: HOW to BE?**

With regards to Breakfast: here everyone solves itself, when will you learn to live without food from the morning! But we're just starting, so first – now consider the case when no Breakfast is HARD to imagine start of the day!

No abrupt transitions: start “METHOD of SCREENING” is when gradually, I repeat GRADUALLY remove the junk in the “life diet” foods: eat porridge with butter – eat. But today removed the butter by leaving it cooking for milk. Next time, prepare her milk mixed with water. Eat with a loaf of bread to go is to gradually reduce number of pieces: ate with three – next time take only two. No ABRUPT transitions: the body is necessary as the cat is accustomed to the dose to that amount, and he is exploring NEW for him, sniffs to the new style of food and health products” – in the future.

Reduce the volume of the plate: less and less. White bread (or one loaf) – the first just reduce the number and thickness of slices. When after a certain period of time WHEN HE will feel that “time” then just replaced it with Poliany: now you can pick up for yourself —it tastes. Yes, just to pick up —“for themselves”: now there is a choice of several types. Because one will kislich is with him – it will be Tasteless, and with

another – a miracle! But again: see the structure and the table: no “improvers and ferments”, fat – 1 g, calories – 180. The simpler, the better! He may be “ugly” to look at! Recommended to change with the baton or white bread – BORODINSKIY: he meets all the necessary “life diet criteria,” Write about “Borodino” that we have for sale here, local!) – calories – 210 calories, fat is acceptable. And it’s delicious! So: reduce, change, replace, adjust. You’re right: the important thing to remember: your slimness in your food, your “tools” for her!



25.07.2016. not bad: for almost 38 years!

Tea after Breakfast: green, black, and of course coffee. Preferably without milk mostly drink On the drink in another Chapter it is already said, and now about the “escort”: a sandwich (which you yet don’t give up!) It is the sandwich for Breakfast – not a friend to us! Any sandwich —when you feel confident in “life *диете*2, and while – do::white bread or loaf – gradually cut thinner, eating sandwiches —smaller, and in the SHORTEST possible time – just today replaceable “tip” – remove the butter (like a smear I guess and then top the pate with fats..) This is the MAIN thing! Now smear the paste without oil. But pate – with a MINIMAL amount of fat! No pate with butter, no trains, where there is flour, corn starch skin, flavorings, and other nasty things. My choice was-“sprat pate”, there is such a store. Unfortunately, I cannot post a photo of a CONCRETE paste, which he then ate, but I saw in the shops —it is. When the harmony —you will start to whisper, “enough, this must stop!”, and when you feel the strength to do it, then refuse to and from the pate. Model

Even replaced it with thin (to make two sandwiches) slices low-fat to 20 grams of fat per hundred grams of cheese “Adyge”. When you do this, bear in mind that cheese in the ground and not cheese at all, but a “cheese product” – cheese analogue, with the tricks and slogans of the manufacturer to fool you! How to check? Yes just opening the package of cheese, slide your finger on the package – if the fat – equivalent

of fats. Milk fat is expensive to produce and the technological process of making cheese is a long and..boring. Palm oil and other “substitutes”, replacing milk fat with OUR ENEMIES! REMEMBER about it! Buy cheese ONLY in the market over imported from the village or from the village: so they definitely will not are mixed in cheese, palm oil and other poison! And slide your finger: here it does not slip from the artificial fat-poisons. It's good: “the ears are not ottyanesh”! But there is fat – obviously more than 20. So fight with yourself – less cheese! So in the future (in the meantime, you have to eat for the scheme, what I'm saying) only at “active day” – two slices without the bread, sprinkling ground black pepper after class under a dry white or red wine.

Now about the sausage. You – of course put on buterbrod anyhow, buterbrodik with sausage. (from which cancers and in 2016 the who (world health organization) prirovnyat in the position of “No. 1 hot dogs, sausages, smoked meats and all processed meats (with a modern ‘chemistry’ in them, to more weight, longer shelf life) – cause cancer —ALONG with Smoking! But this is research and not ‘nonsense’ international Agency for research on cancer, part of the world health organization Doctors have equated meat products, sausages, ham, the first category of danger carcinogenic risk! Same here-in the ‘UNATTRACTIVE’ category related equivalent emissions diesel engine, tobacco in General... as they say ‘eat your face off’! Don't know about you, my friend, and me – ENOUGH

experts, conducting a SIMILAR conclusion: I trust this kind of information. and since learning from the mistakes of others—do: do not buy the poison. There certainly is: there is no benefit from modern ‘sausages’. Slicing the sausage (MAYBE not necessary?) and seeing her on the counter – think of this poison, and.. you – do not take it. YOU ARE WHAT YOU EAT.”! Cancer – remember that! It will be difficult: do not argue. I’ll try to help you with this podmena a replacement, which I was QUITE happy: here:

### RECIPE boiled squid

Carcasses to thaw: take the freezer with the carcasses of squid, put in a deep dish

or pan under the hot water in the sink. At this time we shall cut onion half-rings.

How would go – to be peeled by hand and with a knife: tear up that thin layer – the skin to stay white meat. Put another pot of water, poured a little more than half and in hot rolling of large salt – to taste to the cooked squid was not quite “grass” on

taste a lot of pepper-more, 2 large Bay leaves. in boiling water to throw the carcass. (stuff 6 medium size). As will boil them, cook them over high heat on the stopwatch for exactly 2 minutes 35 seconds. Immediately throw the onions and bring to 3 minutes on the stopwatch.. Get a squid and put them in a deep dish, turn off heat, cover the pan with the onions cover. After 3—5 minutes, pull out the bow, cover the squid, pour them on top pour broth from pan. Bon appétit – for a slim body! And with a dry

white wine – JUST DOWNLOADED!

It – instead of sausage and will continue to put on the sandwich, boiled squid: ONE USE! And yet – buy it (thinking about the diesel exhausts) sausage – LESS fat, no “fat”, less nasty things (and do this no!)

Offer, as an option, the sausage, the Turkey: there is such, we're from Rostov great. Now, my friend, just replace it on a cooked Turkey – FILLET!) with spices on a piece of black bread, and top with tomato paste. Or without tomato paste, or cooked chicken breast... Here: use, taste, and satiety.

With regards to my morning. In the morning when I'd Wake up at 06.00 or 10 doesn't matter. While wash —put water, the pot I have just enough for two glasses of tea and one Cup of organic instant coffee. So: brush your teeth, the water is Cleaned and the water is boiling. Pour previously brewed green tea to one glass (or bag, when no brewed). In another glass – brewed black (or bag). And a Cup of coffee: a Cup less of the glass. just what we need. And feel free rolling sugar: these three drinks with sugar give me a margin of fullness-to the 12 hours! no, of course it happens that sometimes, for various reasons, still want and ralise at 11 am est. Eat: low-fat cottage cheese. With sugar. and more! Now, at the beginning, you drink three drinks – candy “candy and cream” – without the fat, the taste is natural and homemade condensed milk. a little bit of candy for satiety and psychological support. You can do this, and quietly, and... will completely give up sweets, and sandwiches.





From manna —refuse quietly, turn on the millet on the water.  
After  
cooking —eat hot, sprinkled with sugar. But tea – green-  
not lastim: compensate consumed and eaten the sugar in the  
porridge. Tastier with him the porridge!

Alternate with eggs: if you must, and you really want fried,  
fry mustard In the pan poured the oil a bit, rolling it across the  
pan, brushing the entire surface. Specially in now existing and  
standing on the lowest shelf of the fridge a jar, drained all the oil

from the pan, put on fire and hot we pour our eggs. Now about the eggs. If you really want to or have not made – do with milk, again a 2.5% zhirnosti. And most importantly, in all embodiments, two yolks, the rest whites use! The egg yolks in a separate jar for homemade chocolates. (see desserts). Less salt: it is no use to us. She retains fluid in the body. in our opinion-deposited on the waist “extra”! but salt, alas, nothing is impossible: if sugar is still possible, in part again,

Refuse salt is boiled or fried eggs without salt —impossible as the grass. We are suffering do not need. You can only decrease. dose of salt. Dose of 5 grams in total – per day! Teaspoon! I rarely try to eat something salt and eggs in this list. And I have a special aluminum plate – bowl in it – I without any oil at all, pour two eggs with yolks and three whites from three eggs (yolks not used).

My Breakfast is a Breakfast and bed in one. Eat after 12, Closer to 13 if not at 14 or 14.30. As you feel hungry. In the distance is a gradual feeling.

Today: woke up at 10 am, and while he brought the morning “Marafet”, boiled vodka, drank brewed green and black tea, a Cup of organic ground coffee. and writing a book, wash and generally live in the surrounding circumstances. Time 12 hours, 17 minutes, July 23, window wide open, conder no, well, that overcast the night a drizzling rain: not so hot, not so much hard to do physical exercises at home. After all, today is the day, And has-somewhere in the far – want to start there. And it is necessary

to go back to pay the bills. That's how I always think: now to work out and eat, or after a hike. and as always, all things considered. It Probably "pajaritos" another Cup of coffee with sugar and I'm going to get. And then come and do your favorite good music: rhythmical, cool!



# **Chapter five**

## **To prevent pojedine muscle mass**

Here, come, all Affairs altered. Came at 16.00. There is still away hunting. But while I write here-hunger increases. all going to do! And sing then. now about the main thing. No fucking way it is impossible to prevent the feeling of hunger is strong. Hunger – enables the body to extract energy from bodies: that is, of the muscle mass, relief that we did some exercises and the appropriate “tools”. To prevent “pojedine” muscles not urgently so throws protein foods: here is the cottage cheese or chicken breast a little bit. Or canned peas of brain grades. But I’m going to do and wasting energy. And that means to Deplete an empty body, which will start eating muscle tissue! (and he, poor thing – left to do?!),. And when So, in this case, throws him to “help” cheese: a little sugar and he is not “chewing” muscles! All are doing! During class: at the end, in the “resting period” – a rise of more cheese – in front of the property press! After school —let’s eat cheese, drink immediately of cold water and iced tea from a glass in the fridge. Went for dry wine: dry red and dry white. Critics will say: no, not an alcoholic. And stick to harmony: 50—100 grams —a GLASS of WINE and NO MORE dry red and a slimmer waist! This is the result of research! So. and I checked: it works! And for the soul too:

a nice and calm! And after class, he deserves to relax.



25.07.2016. not bad: for almost 38 years!

That:

**I would...**

I would drink a little dry  
at sundown of the past day, under tales of the toast are simple,  
in an environment where there are friends. They are lost, that  
can not be undone. What will not be, – has escaped. So as said

in the answer, whom to ask. And Affairs – words continued.  
Among the worthy – will not be easy...  
Let live, and God be their judge!  
I need red to drink dry...  
for the soul and peace of mind for. Not to regret that it did  
not. To return that is lost in vain. Would know earlier about  
it and did not know  
to remain silent about what is impossible. Surrounded  
by thick fog, again: the sunrise and the dawn...  
I would drink a little dry, for the soul and peace of mind for.



## Chapter six

### And what about the first?

Broth —contains enemy salt delays liquid in the organism at the waist, But the broth needed for our body. Twice a week – need to eat. No potatoes and dressing on the vegetable (though mustard:900 (!!!) calories —just a hundred grams) of oil.

In the beginning – let's just not eat pork in any form!!! Boil low-fat (one meat, without accompanying fat) beef and eat at least a slice of rye bread, sprinkling the meat ground black pepper, spreading tomato paste. Eat in prikusku with aging: meat ages! Pork and beef! Maybe it will stop you it is pork and beef...

First, cook the beef and eat. Отварыю with or without broth and gradually reducing the volume and gradual change: INSTEAD of pork. Then first substituting chicken – drumstick – without skin and gradually moving on to chicken breast and chicken completely and gradually.

When there were forces and desire to switch over to chicken, I suggest to do like me: twice a week, use broth when I cook chicken breast in boiling water in a pan (usually three liters ALUMINUM pot) of Salt in minimum: that a chicken breast was salty enough, but not much. something a little more than half a tablespoon of coarse salt. e iodotyrosines”. But you can alternate: today so, next time–“iodotyrosine”. When chicken



breast is cooked through (30—40 minutes to cook on low heat under the lid) and throw the chopped half rings onion, ground black pepper (three pinches or three fingers) on and off. Cover with a lid and give 5 minutes to stand up. All through those five minutes —ready soup! Healthy soup – a bowl: get a chicken breast in a deep plate, pour on top of ready-cooked chicken broth with onion is not a very full plate and nice and healthy appetite for harmony and TASTE! With a fork (or clean hands) breaks off pieces of white chicken breast meat from the bones, put into a large dining room, a spoon for the first, and with that warm meat and broth with onion – at the same time. And eat. Don't forget first pepper black ground pepper (a “Magnet” bought in white packs.) spread chicken with mustard! And tomato pasta: a VARIETY of FLAVORS! Here you and useful soup! And when hot – poured hot broth from a ladle recruited out of the pan: right along with the onions on top of chicken breast.

After a physical Training! You can even polianin or Borodino bread. Just a little bit, a couple not plump pieces. Pepper, do not forget!

I, unfortunately, can not be a lot of fluids, especially soup. And in General I can't have salt: swelling. I have NO METABOLISM!!! Ate in the morning without bread, one hundred gram store a jar of “caviar of Pollack”. From small 100 gram jar of store “caviar of Pollack” – at 04.00 am not able to open my eyes: so swelled the face, as the Chinese were with narrow eyes! But you're HEALTHY! And sometimes salty!

Unlike me: I certainly: never. And salty, including bouillon with caution, moderate doses So...

Now, about the borscht: the classic and other. No, no soup: with potatoes, or even (especially!) with bacon. About mayonnaise remember: NO MAYONNAISE, just substitute for ryazhenka 2,5% (just remember).

About ready to “soups”. Soups – it “in quotes!” No “hot mugs”, no soups – bags All: IN ANY CASE! There is ONE POISON: vegetable protein (or ‘chicken powder, chicken extract) flavour enhancers – sodium glutamat and others, there is starch, or other thickeners palm oil.

And no “Anikonov, instant noodles, big booms, and all sorts pyureshek:: SPARE YOURSELF, don'T RUIN THEIR precious HEALTH! A BANE (especially in ankamah sauces and instant noodles, big bonds (prostonarodye-“silage!“and other —ready easily and quickly prepared (and there filled with boiling water, and voila!” (for lazy people, spitting on their health: “what “finish”: “poison, poison. What is simply IMPOSSIBLE is, Well, if you're NOT the ENEMY of your health. Yes, but how to force to eat you powders preservatives, emulgatory-from the lab with a spoon – in their “pure” form? No way! Just pour them in the “MAIN” “dish-type anatomy and puree. Well, we're not like and APPRECIATE and CHERISH their health. Each lives his life and chooses his own way. Or treadmill at the stadium or the path: to the cemetery. Plastic noodles, which burn and melt if set on fire, flakes of potato (GMOs), which turns the stomach.

To the chicken broth to the breast – more green: preferably fresh, not dried! Dried – preservatives”! Fresh parsley and green onions – rash direct in a bowl poured the broth with onions and chicken. More! Always roll them when I can. Sauerkraut, boiled.

When I want soup, I cook pea soup: it's always so delicious. Fresh pea soup! And not broth: on the water! Here:

On my 2.5 liter aluminium saucepan.

1 glass (which is glass 250 grams) or plus another 1/3 Cup regular yellow pea (how to you like the density and taste of the soup to be less or more pronounced taste When peas 1 Cup split peas fall apart and the less than transparent When soup 1 Cup, plus 1/3 of the soup richer, fall apart, filling soup.).

Total cooking time: 40 minutes. Fresh dill, parsley, green onions or anything that has one of them). If is not present – anything terrible.

Pour in a pan of water: do not fill to the top of the pots on the thickness of your index finger and put it on the fire... Until boiling In boiling water in a saucepan to fill 0,4 tablespoon of coarse salt. Rinse the peas in three waters – before we'll fall asleep into a saucepan for cooking. To fall asleep the washed peas. Mix thoroughly until boiling, removing neatly on top of the foam. When boiling, reduce the heat to low, stir, cover with the lid ajar. Cook under a lid ajar, stirring periodically coming up and. Cook for 25 minutes. 15 minutes before readiness to quit 2 pinches of black pepper immediately stirring in a circular motion so that the pepper is evenly dispersed into the soup. And

under the slightly opened cover cook for another 15 minutes. Cut fresh dill, fresh herbs, onion: a lot. Onion cut into half rings. When the total cooking time of soup came out to throw into the pot of greens, sliced onions, cover tightly and leave for 5 minutes. MM ready! The taste – excellent! “Taste of life”! Don’t forget: if you have in the fridge cooked chicken breast IN a BOWL of soup to break off pieces. In a saucepan, don’t ever leave, otherwise the soup go bad. So, delicious and healthy without harm to the figures of the soup.

Here’s one of my soup: split pea **with chicken liver.**



My aluminum pan 2.5 liters to pour cold water from the tap: 1.5 litres. plus or minus how it goes.. Put on the fire. Rinse with a normal yellow ground (remove) peas: 2/3 Cup. (and there is optional and to taste: I like it when the peas a bit: tastier, and less eat it. and that means less unnecessary sugars!). Wash it in cold water under the faucet three times. In a saucepan pour the salt, approximately ¼ teaspoon of coarse salt. To have been a little salty in taste. When it boils, add peas, stir. Remove the foam, bring to a boil. How good is boiling reduce the heat to very low and cover. Under the lid cook for 10 minutes. Take the CHILLED (not frozen and thawed) chicken liver: I have 200 grams. This is about the fourth part of the total vacuum 800 gram packages. To flush the liver. How will the first 10 minutes of the boil the peas, throw the liver, increase the heat and bring to a boil. As steadily boils, reduce the heat to the very small, cover with lid and cook under cover for 20 (I have time) – 30 minutes. (prasarita work).Yes! And 5 minutes before it is ready don't forget to throw rinsed under cold water 1 medium size Bay leaf and cover. Now, about the greens, if fresh, throw it like soup it's ready. If, however, dried for 2 minutes until tender. Ready soup? Off and immediately eat: ground black pepper-don't forget to salt the broth to make it TASTIER: the flavor! MM, "taste of life"!



Here's the soup:

**Soup chicken breast with cauliflower.**

Take aluminum pan on 3 liters. Pour water on two-three fingers from the edge of the pan. Rinse cleansed from fatty lumps of skins of the chicken breast. In a pot of water. Coarse salt – half or two-thirds of a tablespoon. 900 grams or two pounds of cauliflower. (yellow-white color that is). 2 large onions onions. 2 large grated carrots. Fresh herbs.

Cook the chicken breast, periodically removing the foam.

Cook for 40 minutes, under a lid ajar over low heat. Not doing great: the broth will become cloudy. And to us he's needed. In General, when cooking the breast – without the need of the broth, then fire a bit faster cooked. And when you need broth, fire – do less. At the end of cooking as the brisket is cooked, toss in pan disassembled into florets cauliflower and let boil to her for 5 minutes – 8 is soft – take out the cabbage.. Throw finely sliced onions and let boil 4 minutes. Then grated on a grater (large or small – on your choice and your taste). And bring to the boil and boil for 1 – 2 minutes under ajar lid. Now to throw crushed (in a plastic tray, which was chopping onions – a direct bottom of a glass jar —crushed peas) black pepper..cover. From there. DELICIOUS! Plus sprinkle in a bowl of soup and chicken breast fresh greens.

Here's another you can cook for a variety of low-calorie and delicious soup – **cream of broccoli with chicken breast. Or chicken fillet.**

400 grams broccoli. 300 grams raw chicken breast. 1 bulb of onion. Salt and pepper to taste. Take the aluminum pan 2.5 liters.. Pour 1.5 liters of cold water from the tap. In 1.5 liters of water, boil chicken breast broth: 30—40 minutes on low heat under the lid ajar. Finely chop the onion. For 5 to 10 minutes (as you prefer) until cooked chicken breast, throw the broccoli, add the fire and bring to a boil, throw the sliced onions and cook until soft broccoli without cover..As the breast cooked, get it and separate the meat from the bones. Throw the meat into

the saucepan. Take immersion blender and carefully grind, mix with a spoon until uniform consistency. The soup-delicious! don't forget to season with pepper, salt if needed..





25.07.2016. Not bad: for almost 38 years!

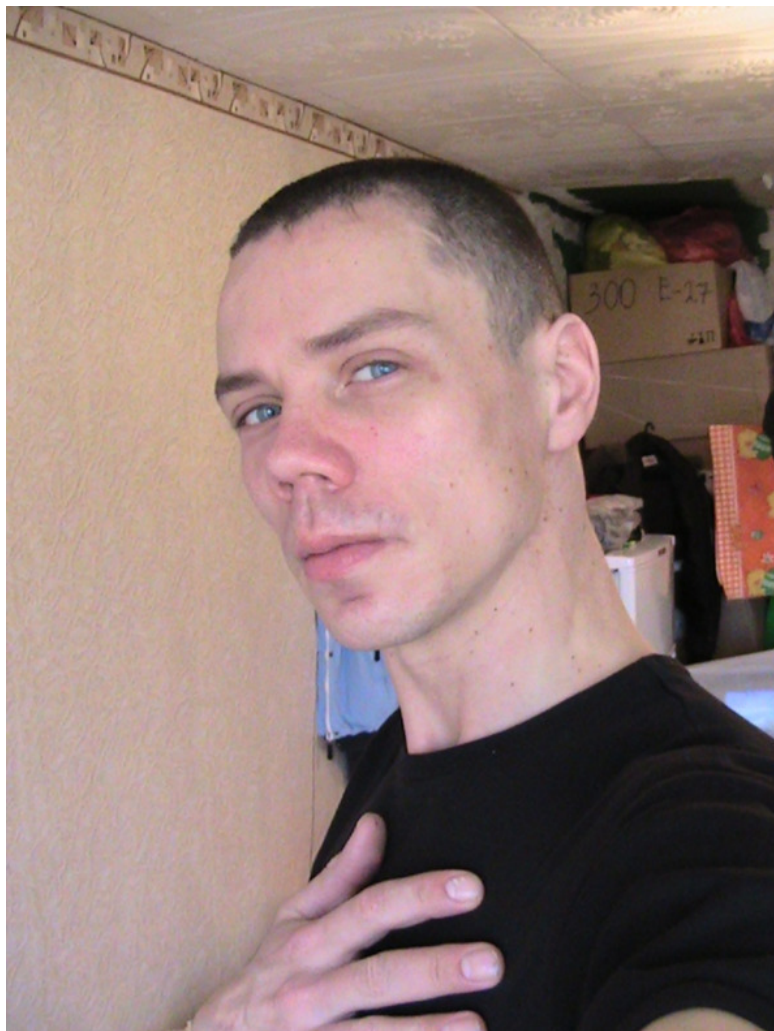
# **Chapter seven**

## **Interchangeability of products: what and how ergativity**

Well, again, diabetes does not sleep: woke up at 03.40. Wakes like in that movie: “AUTOMATICALLY”! (it is interesting, in the movie “alien”: the first movie. There whole team at some point and for some purpose “prints” the dream computer) so I have: a disorder, a failure: the body feels “night fall,” the blood sugar to the minimum and the critical limits. Here in a sweat and Wake up every time with in a weakened state... Sugar falling over the night: who is interested And already in the shower, in the darkness of the room, at a distance of “arm’s length” reached for the jar of sugar on the table and a couple of “approaches” – threw the sugar, washed down immediately brewed the night tea: water grocery remained black sweet and the other savory green. They – and washed down the sugar from the jar. It’s “fall” already know: feelings. They tick almost every night fall, but especially in the days after the day when engaged in physical exercises (loading and injection of insulin in the body). And when you work a day: in the vest – 12—14 hours – not removing! (under it because the machine and it still is 3700 kg. Plus a pouch of three ammunition cartridges, in General, the weight of th 63 to pound me. Eating a day – one pack of bran “rye”: 270 two:540 calories in prikusku

with sugar, at somewhere else let well 20 calories. That's all! Used: ate: "diet slim" gets in "life diet". Back after the vest is sick... Well, nothing will break! Well, now we have to wait five minutes, just lying down. Here, you feel relief. Now the dream has rasmala, get started on the book. Also: "the purpose" for which, probably, too: the awakened.

Here we are dear friend and got to the core: the replacement of one products others. One method of cooking to others. Lies four kinds of cereal: one can eat and gain weight. on the other. – to gain weight and grow wiser. With third polneya is to get a range of flavors, wholesome nourishment of the skin from the inside Another to strengthen it even and blood vessels only with benefits for the ENTIRE body. One cereal can get fat. On the other to lose weight. If it is REASONABLE —to go from the start!.Rule to cereals to cooking always on the water! And it's only for the taste – with milk: mixed with water: taste the same. For harmony – harmless! Use – in full!



So let's start. In the beginning – seems absurd: calorie cereals—does not harm the harmony! It is, BUT: it depends on how you cook! And so in order. A bowl of cereal – terms of use and nutritional value – is certainly needed. But! then the principle of MINIMUM to maximum: a minimum of calories, and about fat in General: keep quiet!) maximum benefit. So watch porridge: **NO BUTTER AND SAUCES based on sour cream and flour with starch!**

### **Semolina. Zapresheno diabetics.**

Didn't eat all these 10 years, honestly. Even the calories I do not remember. Reveal the main feature of the body – new for you. There are products-“high glycemic index”: semolina, rice and other (not necessary only to look for specifics meditsinskimi terms. it is – as I'm almost clear!) it is easy usvoenie carbohydrates available to the body for processing when the digit in the table —“carbohydrates – relatively large – 60 or 80. From the point of view of absorption in the blood is rapidly absorbed by the body. Faster rising blood sugar. Much insulin is very desirable: for harmony. Needless waste of insulin stored in fat. In healthy people, of course. This figure – a healthy body produces insulin spike to quickly deliver to the cell – these carbs – feeding. Carbohydrates easily digestible and FAST. So not long energy: fast want is, if in comparison with other cereals.

Therefore, the low semolina, rice, but preferably as little as possible, and certainly on the water!, Or if we do not vmogotu –

half with water. To himself as NOT to PROVOCIROVAT – cook a SMALL dose of it, wheat and oats. Both of these cereal – “pravokatsionnye” calories. (But delicious – half with water), so here’s the recipe.

I have specially got a pot smaller. 1 liter (this is to edge direct).

That’s it, pour 1 glass (which is glass, 250 grams) plus it 1 inch from the bottom of water or milk, or half milk with the water at your discretion (you can half the glass at first pour water into it pour the milk. Then 1 cm of water or milk even). Pour sugar: 1 teaspoon (or three pieces of lump, if there is one). Rubbing salt: 1/3 teaspoon. When it boils, add semolina: if milk-2 tablespoons. On the water-2.5 tablespoons. And cook without a lid, stirring occasionally and removing the foam. Ready – heart 7—10. Eat – without any oil! The taste is the same, when in half of the milk with water.

If wheat fine grind “Artek” – 2 tablespoons. If oat: 2,5 tablespoon – for liquid cereal or soup. For porridge thicker-3 tablespoons. For millet – 4 tablespoon, washed in three waters cereals. To satisfy the “thirst for taste of cereal and be satisfied enough, without surplus cereal.

There is “corn” porridge (yellow available grits). Cooked it a couple of times, but something I have not liked it. Here: for the same 1 Cup plus 1 see of it-4 tablespoons corn flour. Have her ready. – sprinkling sugar slightly.

Almost the same as semolina: a high “glycemic index, easily digestible carbohydrates from rice.... Tell me how to make rice

less “isogeny” because of its high glycemic index. The rice must first be soaked, then washed to clean water, what to do in the Eastern countries. Non-adhesive after the heat treatment the rice has a particular molecular composition of starch-line build type carbohydrate chain of the amylose. This figure will have a low glycemic index, so no “isogeny” in the end! Take into consideration: the trick of cooking, changing the essence of the product! That is, in the process, it acquires quite different properties we need for harmony) in General – not eat it. Rare: on the occasion or guests, or to yourself for fun in the “active day” in the form of pilaf with chicken:

Buy chicken or chicken breast. Cut into medium-sized pieces, rinse under water of course. the fat – to throw (if not the cat, who gladly eats). In a pan pour mustard oil: there’s no way to do without it, just not very much, but it was above), in a roasting pan or a roaster. Heat it, then throw the shredded chicken meat. On medium heat let frying: do NOT STIR, just give the crust a little popping! While we cut onions finely. Scrape the carrots and cut into strips: not very thin. The meat, if cooked a bit, povoroshit. Then pepper ground black pepper (more boldly), a salt with coarse salt. Wash rice in three waters. (use a normal rice, the type of “Krasnodar”. Not oblong! Oblong – most likely GMO surrogate!) Povoroshit meat again, throw the sliced onions and fry until cooked onions. Now, flatten the meat, put as much carrot, not a thick layer, cover meat with onions. Carrot top — a layer of rice, leaving from the edge of the pan two or three



(ideally) pin: the rice swell greatly, he needs space! Take a bowl, pour cold water from the tap, and put to the edge of the pan a tablespoon, it drained the water from the dish so much that was covered with a layer of rice above the finger. cover carefully with lid, bring to boil, how to boil on the small fire under the slightly ajar lid let it boil for 20 minutes. Through these twenty or a little less than a minute the rice will swell. This can be seen by opening the lid. In the frog crush the peeled cloves of garlic. Now take a tablespoon straight in the center of the pan, the edges of the spoon pits choose. they – crushed garlic spread, “prikopa” back with a layer of rice. (water is already half boil it, it will). Cover and until tender: as will be fully ready rice – the taste!. Ready! Garlic – you can “dig if you don’t.) Life leaving him. Sprinkle with salt on top and perevorachivaet, lifting the meat from the bottom. TASTE – EXCELLENT, freshly cooked!



Same pilaf! Delicious!

Here and rice: milk or half-and-half with water.

In a saucepan 1 liter which, pour in a **DOUBLE DOSE**: 2 cups (a glass of 250 grams ~~который~~0 plus 2 cm in it —water or milk or half-and-half with water. Until boiling. Pour 2 tablespoons with slide sugar and 2 teaspoons coarse salt. Rinse in three waters a little more than half Cup of rice. In the boiling pan and 20 minutes under the lid cook on low heat. First 15 minutes is seldom povorachivat. And from 15 to 20 minutes to povorachivat often! Neat. As ready to immediately impose is.

Dishes of various cereals —very essential: they are rich in vitamins, mineral substances, cellulose. And complex carbohydrates – sometimes not at all interchangeable: they will help energy to maintain the body in a long time

.Physically exercise, walk, lead an active lifestyle and calorie kas – You not a hindrance to Your harmony! Buckwheat porridge – rich in magnesium and calcium. Contains rutin, which is so necessary for our vessels, which strengthens. Oatmeal (“Hercules”) contains a Biotin – vitamin H, is responsible for the strength and endurance of the body (especially when you do not “relief” and “weight” – most that is necessary to power muscles). Millet contains a lot of protein and carbohydrates, porridge harmony (if on water or mixed with water (2.5% fat). Barley is rich in b vitamins and selenium. Barley – is responsible for increasing brain activity and memory. so... Porridge – our strength!

Buckwheat porridge.

Just say"Royal product": a wealth of benefits and is the only product that can not be GMO breeding!!!

Calories: 300. But use: and if not with milk and butter or canned meat.

To cook on the water. and with spices. Once or twice a week – no more!

If we do not stand in a day ready buckwheat pour boiled milk, and there is even sprinkled with sugar!

**Recipe.**

My pot of 2.5 liters. 2 cups buckwheat 4 cups water and 1.5 teaspoon of coarse salt. Water to a boil. cereal can not be washed: for everybody. Hot water salt. Rump fall asleep in boiling and boiling. As the boil – cook for 20 minutes under the barely ajar with a lid on low heat. Readiness to be determined by taste and so: look at the end of cooking if there's water still – spoon “digging up” to the bottom. if a bit is – but the taste of ready, feel free to turn off: water “disperse”. Cover with a lid. You can eat. Without any butter! Pour milk in a bowl and...

Or chicken meat and broth. Or just porridge. Remember about the harmony and eat!

For “exotic”, here is my recipe that I really like

### **“Sanashi” – from buckwheat.**

“There would be a chicken – cook and a fool. And you try cereal to make a delicious “Sanusi” (with spices like Chinese!)

In aluminum pan 2.5 liters of water to pour cold water from the tap: 4 cups. (glass, 250-gram that is). Put on the fire. Coarse salt-1/3 tbsp. Pour washed cereal or not. Periodically remove the foam. As povoroshit boil, reduce the heat, adjust. And under the lid cook on low heat for 10 minutes. A couple of three times povoroshit during this time, and removing the foam. Mess using these 10 minutes to swell, the water boils away half. Take two medium – large Laurel leaves and rinse them under cold water, pressed in deep mess. Condiment “Universal” (in “Magnet” that), stir, Now pour the seasoning “Seasoning to the chicken”. Of the same company. The ratio of spices: “Universal” – little more than

Seasoning to the chicken”: the percentage is 60 40. Stir and the lid or without giving porridge to walk 7—10 minutes. stir. Then carefully stir the porridge should smell the aroma of Lavrushka. Stir and take out the Bay leaf. Smell porridge: if the weak aroma, then again, throw and push Bay leaf, pulled, and covered it with a lid leave. After a couple minutes, pull out the Bay leaf. Porridge “sanashi” – ready!..

### **Oatmeal oat flakes “Hercules”.**

Cook in the water: not bad then for the figure. VERY nourishes the skin from within. Necessary once a week-at least! It when cooking – there are those elements that will stop the aging process of skin since 10 years!!! Tested! Cook it in a small saucepan 1 liter. I repeat the recipe:

In a saucepan 1 liter which, pour in the 1 l glass (which is glass, 250 grams) plus it 1 inch from the bottom of water or milk, or half milk with the water at your discretion (you can half the glass at first pour water into it pour the milk. Then 1 cm of water or milk even). Pour sugar: 1 teaspoon (or three pieces of lump, if there is one). Rubbing salt: 1/3 teaspoon. When it boils, cover: 2,5 tablespoon – for liquid cereal or soup. For porridge thicker-3 tablespoons. To satisfy the “thirst for taste of cereal and be satisfied enough, without surplus cereal.

### ***RECIPES cereals. Milk mixed with water.***

If you really want to treat the whole family (or guests).

In a saucepan 2.5 liters.; a glass of water. 2 cups plus 2/3 Cup of milk.

2 cups grains: millet, corn, oats, wheat, and Artek.

1 teaspoon plus 1/3 teaspoon of coarse salt.

6 teaspoons of sugar.

The liquid in a saucepan bring to a boil, add salt, sugar, cereals. Remove the foam and no cover (I love it – as you want: you can and under the lid). Boil until ready: 12 minutes total!

At the end of cooking turn off the heat, cover with a tight lid and let the porridge to stand for at least 5 minutes! The taste – excellent!

Wheat porridge.

There are three kinds of Wheat (the largest grinding) Artek (smaller) Barley.

Very useful. but with it, be careful: very high in calories, water cook. “Artek” is also a species of grinding, as well as barley. Cooked rare: for flavor and eat with sugar.

**Artek and wheat —prepare the same way.**

**Recipe.**

For a start.

Wheat milk mixed with water.

1 Cup of wheat grits.

3 cups of cold water.

2 cups milk 2.5% fat.

1/3 tablespoon of coarse salt.

1,5 tablespoon of sugar.

In a saucepan aluminum 2.5 liter pour water and milk and bring to boil. In hot water with milk to pour sugar and salt.

In boiling to fill up the rump. To a boil and let the lid of the 12 minute cook until tender.

**In boiling water.**

**Artek milk in half with water.**

Take the aluminum pot 2.5 liters.

Artek – 1, glass. Rinse is not necessary.

Water – 1 Cup. 1.5 cups milk 2.5% fat.

1 teaspoon of coarse salt.

3 teaspoon of sugar.

In boiling water, salt, sugar, then wheat. To a boil. Then do a small fire. Allow water to boil away almost completely. Once the water has boiled away – pour in the cereal, milk (can be pre-boiled).0 bring to boil and until cooked porridge. taste.

**Classic, wheat on the water.**

In aluminum pot 2.5 liter pour 3 plus 1/3 cups of water. Water on the fire. In hot water, pour 1 or 1.5 teaspoons of coarse salt. Pour 3 teaspoon of sugar. In boiling water cereal and fall asleep under a lid cook on low heat for 17—18 minutes. To give a finished porridge “walk” until tender about 5 minutes. And better 12 minutes.

Here's another option where more wheat. Artek cooking as well.

Water – 4.5 cups.

Cereals wheat or Artek – 1,5 (thinner) or 2 cups (thicker).

Coarse salt – 2 plus 2/3 teaspoon.

Total cooking time – 15 minutes.

In a saucepan 2.5 liters of water pour. On fire. In hot pour salt. When it boils, place the rump. Peremeshivaem,, remove the foam bring to the boil. how to boil on low heat under a lid for 8 minutes, removing once the foam. You can povoroshit. Using these 8 minutes to mix and another 5 – 6 minutes under the lid. ГОТОВО! Can be eaten immediately, but can wait 5 – 15 minutes. (5 minutes minimum).

### **Barley porridge. Recipe.**

The aluminum pan 2.5 liters.

3.5 cups of water.

1 teaspoon of coarse salt.

A 3.5 teaspoons of sugar. And under the lid cook on anologii with the previous cereal on low heat for 10—15 minutes.

Barley is the charge of thinking and memory.

Yes, my friend, this product is recommended and practiced by Pythagoras: improves memory and improves skin condition. There is for sure though active even in an idle day, at least once in 10 days. (nutritious too!) I have in the fridge in the pot it is eaten with pleasure warm. That thought appeared because of it!

### **Recipe.**

In aluminum pan 2.5 liters.; a glass of cold water from the tap. In hot water pour 1 teaspoon plus 2 or 8/10 (the taste) of coarse salt. Rinse in the bowl 1.5 cups pearl barley. In three waters. In boiling water to fill the cereal. During boiling, stir and remove the foam. Reduce the heat to almost small and let it boil for 10 minutes without a lid. Then remove the foam, povoroshit,



reduce the heat to the very small, tightly close the lid and the pot for another 20 minutes under the lid. These 20 minutes will pass, carefully povoroshit, cover tightly, and for another 10 minutes. How will these 10 minutes, carefully povoroshit mess and closing the lid to cover the pot with a towel and let about 25 minutes well stewed until tender. I don't cover with a towel and not immediately eat, I organize cool taste.

### **Millet – porridge harmony.**

Only on the water – the harmony – in full! Goodies? Yes, sugar is sprinkled with hot – taste 100% like the breast. When I miss the “taste of dairy millet – cook in the day (active day) – half with water. And eat with pleasure! Benefit too: indispensable.

Share ALL of your recipe options: a lot of them. The most delicious – mixed with water. Spoil yourself and her of course: in the first day of classes!

### **Millet on the water.**

#### **Recipe 1.**

My pot of 2.5 liters which. It pour 4 cups of cold water from the tap. It salt: 2 teaspoons plus 2/3 teaspoon of coarse salt. Bring to a boil. 2 cups millet (millet) rinse in cold water three times. As the water in the saucepan is boiling, place the washed grits. Bring to the boil, removing the foam. How is boiling, reduce the heat to very small and, povorotov, close the lid and let it boil for 8 minutes. Then povoroshit and closing the lid and boil for 5—6 minutes. (see under the lid of the pan after 4 minutes to make

porridge is not burnt.) As ready (the taste) is to turn off the gas, cover and let stand for at least 5 minutes. Eat hot, sprinkled with sugar. (it will taste like milk).

## **Recipe 2.**

Water – 4.5 cups.

Cereals wheat or Artek – 1,5 (thinner) or 2 cups (thicker).

Coarse salt – 2 plus  $\frac{2}{3}$  teaspoon.

Total cooking time – 15 minutes.

In a saucepan 2.5 liters of water pour. On fire. In hot pour salt. Rinse the millet in cold water under the tap three or four times. When it boils, place the rump. Peremeshivaem,, remove the foam bring to the boil. how to boil on low heat under a lid for 8 minutes, removing once the foam. You can povoroshit. Using these 8 minutes to mix and another 5 – 6 minutes under the lid. ГОТОВО! Can be eaten immediately, but can wait 5 – 15 minutes. (5 minutes minimum).

Let me remind you! PORRIDGE: NO BUTTER AND SAUCES based on sour cream and flour with starch!

Now there's a new cereal: QUINOA. A sprouting country: Mexico. Non-GMO product? To be honest, I have not tried. Everyone wants to try. To cook. This grain has a LOW (for a diabetic me!) not increases the appetite helps to lose weight! In 100 grams —contains three daily allowance of protein!. Grits is white (to garnish), red (salad) and black (the sweetest). We have stores for sale mixture of these grains.

**Recipe for QUINOA porridge. On the water.**

1.5 cups of water.

1 Cup quinoa.

Coarse salt – probably as in millet: kA you want to taste.

In a saucepan 2.5 liters to pour cold water. In hot water pour salt. Bring to a boil. Quinoa, rinsed under cold water (just before the start of the cooking process. Pour in boiling a pot of grits, bring to boil and skim. Close the pan with a lid and let it boil until complete swelling. as millet or Artek. Ready porridge to stand for 5 minutes

Now for the peas.

There are a lot of carbohydrates. I do not recommend to eat it unnecessarily (well, when too much want exactly peas: because of the taste. It is like rice: easily digested, and calories – a lot. Here is my recipe unusual peas: the exotic, the “analog” mashed potatoes that WELL, CERTAINLY not friendly with harmony! Doesn't taste as good (I like) and you can safely eat – within reason of course, mindful of the caloric content of peas! Leave like mine: TWO versions of the recipe for pea puree. 2 recipe “soup” peas: the taste of the soup (with Bay leaf). And the recipe is “soup” flavored with herbs (similar to “sanashi”). And the recipe of peas “exotic”: for Germanico! If you wish to vary: by adding fresh dill, parsley and green onions!.

Bolder: no limitations!

### ***RECIPE 1. Puree and if “soup”.***

Take the same aluminum pan 2.5 liters. Pour into a saucepan 4 cups of water. Put on the fire until boiling. Take 2 cups of regular

yellow split peas (halves). Rinse in three waters. In hot water in a saucepan to throw 9/10 (almost full) tablespoon of coarse salt. Plus in another saucepan put 2 teaspoons of sugar (as you can get: a spoon with a slide). In boiling water throw the washed peas, remove the foam. On low heat under closed lid cook for 30 minutes – this is for soup peas (leaving the Bay leaf after 25 minutes of boiling, it is 5 minutes until tender.). If the puree: boil for 40 minutes, then draining at the end of the unnecessary excess fluid. Take immersion blender in the pot very little, let it remain fluid. It is better to add while beating-you want density! Whisk the topping while whipping (see the density at the churning of the pea) or at the end of the whipping in the finished puree to the drained liquid And you can not merging is still present in the pot of water, another 5 minutes to boil: peas then and no blender to turn into a puree. Eat well – fresh and hot from the stove. And главноеесли gustavito happened – nothing terrible – better than thinner. Just take merged with the pan fluid, pea broth, and live on top pour the sauce in the plate. Razmeshivaya – AS YOU please. Will be thinner and tastier! If podostyl too: the fields of this warm liquid-broth.

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