



Crisis Diet

I've created this meal plan in Response to many of my fans and clients questions and answers worried about the Corona virus madness, and the potential shortage of food.

It really worried me to think that people would under nourish themselves having beans, rice and tortillas at their disposal. I decided to create a "crisis diet" so that, if things were to get disastrous, then you would at least feed your family for some time before relief came to you.

Emergency Meal plan:

1/2 cup of boiled beans, lentils, or chickpeas.

1/2 cup of cooked rice, any type

2 corn tortillas or 2 slices of bread - a total of 2 ounces

1 tablespoon of corn oil

2 cups of water

PROTEIN

1 ounce of vegetable or whey protein powder or a cooked egg, or an ounce of canned fish.

It is a balanced 1,297 Low Calorie Diet (with the protein).

I know it's low, but I am focusing on the minimal indispensable calorie intake.

This would be for breakfast, lunch or dinner

I also tried to make it as practical and economical as possible, so I am not adding dairy, vegetables or fruits, not because we do not need them, because we do.

And if you could obtain dairy, vegetables and fruits, then you would add them to the plan to cover the vitamin C and calcium restriction that it has.

We are absolutely not there yet, but I thought it would help to calm you to know that there is ALWAYS a way out of difficult times.

And PLEASE do not cause a stampede for these products, we are not in a crisis at all, ok?

STAY HEALTHY

Dr. Rafael Bolio