

The moment is important

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gIn the morning, we eat the most important meal of the day. It should provide us with carbohydrates and proteins to avoid muscle loss. The following meals should include good sources of protein to ensure continuous nourishment of our muscles and keep our metabolism active.

gAbove all, in the evenings, we should limit ourselves to eating mainly proteins which are low in fat, and carbohydrates. This will allow us to sleep better, avoid feeling hungry and to keep a slimmer body.