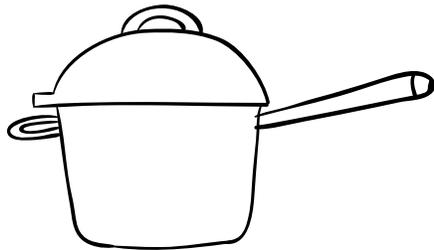


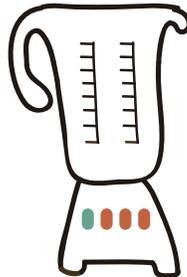
How to prepare the soup?



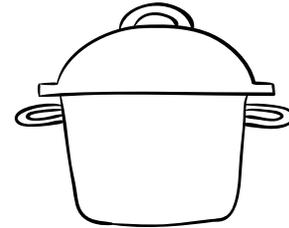
Utensils that you must sterilize before using.



Pressure cooker
To cook the soup



Blender
To liquefy the soup



Stainless steel utensil
(or glass container)
To save the soup

tips

To store the soup, it is essential to use an enameled pot or glass container to prevent metals such as aluminum from contaminating the food and to guarantee a fresher conservation.

Soak the previous day

Grain

A soup spoon in seven glasses of water.



Bean soy
(Optional red Bean)



Vetch



Lentill



Integral Rice
(Amaranth, chia, quinoa.)



Chickpeas

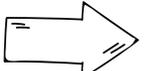
Basics

Optional

tips

If you did not manage to soak the beans, place the beans To whistle in the pressure pot for 20 minutes so that these soften.

*Puedes agregarle Quinoa, Maíz, Garbanzo

next 

if you want you can add



1 piece of cucumber



1 piece of beet



1 piece of arracacha



1 piece of avocado



Asparagus



Champignon

wash and ready the fruits



1 slice of papaya



1 1 slice of mango



1/2 guava sweet

Tips

*You can add sweet fruits, these are added at the time of listing the soup.
(They should not be cooked)

preparation

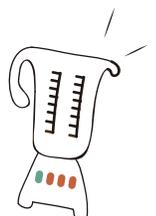
Step 1 | Place the previously soaked grains in the pressure cooker the 7 cups of water until they are soft.



Step 2 | Uncover the pot and add the animal protein, vegetables previously washed and chopped in small portions, the water and if it is the case it is added a little more so that it does not dry, Just leave a maximum of 10 minutes to boil after this is lost the nutrients



Step 3 | Uncover the pot and take it to a blender along with the fruits, the solid is gradually mixing with the liquid so that Be slightly thick, let it fall lazy.
(It must be liquefied very well because it does not strain)



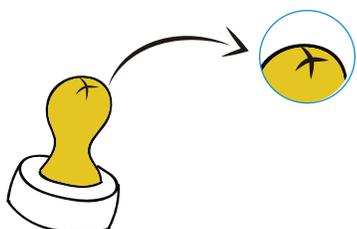
next

Step 4 | Once all the ingredients are liquefied, take it immediately to the refrigerator so that the cooling process is done inside it.



***If the liquid is left on the outside, even if it cools, the child can present colics with the teteros of the afternoon and the night.**

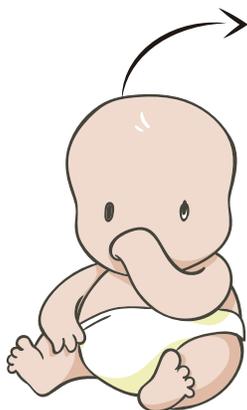
***If there is any left over of the liquid after 24 hours, it should be discarded or used to feeding of adults or older children.**



You must give the soup with a bottle and with the suck open cross (the broken must be big)



If you want the soup to be sweet so you like it your baby adds 3 tablespoons of pure natural honey to the soup You must give the soup with a bottle and with the suck open cross (the broken must be big)



It is recommended the first days to prevent the baby from suffering of constipation add more than 10 prunes and 1 tablespoon of olive oil, these are included at the time of making the liquefied. little by little it will not be necessary to include them. Remember: As the baby grows, they should increase the portions of animal and vegetable protein.

Include the table of vegetables and vegetables as well as in the book of the Dr Jaramillo.

remember..

This Diet is ideal for the elderly, diabetics, hypertensive, obese and especially for people who have or They have been operated on for cancer. For these cases, the animal protein (meat, fish, chicken, eggs, dairy) in the soup, because these acidify the organism what favors the cancer cells. It is also special to lose weight because it has no carbohydrates high density. For adults, dress them as they like, salt, pepper, garlic, onion, cilantro, parsley, turmeric, etc.



if I do not have all the ingredients?

do it with the ones you have but prepare it!!!



Cut the protein you want to use



80 a 100 gr de chicken
(see how to dehoronize)



Pulp beef



Trout

*Optional: Norwegian salmon or trout.

ready and wash vegetables correctly



3 a 4 Bean
no strand



a piece of carrot



a piece of
smoke



3 0 4 spinach
leaves



1/3 Ripe
banana



1 leaf of green
or purple cabbage



2 medium-sized
unpeeled creole potatoes



1 slice of peeled
citron



1 piece of deveined



1 piece of
broccoli



1 leaf of lettuce



1 Swiss chard
leaf

next