

# Alimentos Permitidos Método Grez



## Alimentos Permitidos Método Grez – Lista de Compras

Los que comes es la base del Método Grez por lo que a continuación te presentamos los distintos alimentos permitidos Método Grez.

<b>GRASAS</b>		
ACEITE DE COCO	HUEVOS	CHORIZOS
ACEITE DE OLIVA	MANTECA ANIMAL	LONGANIZA
ACEITE DE PALTA	MANTEQUILLA	PALTAS
ACEITUNAS	MANTEQUILLA DE COCO	PATÉ
CREMA ENTREA PARA BATIR	MAYONESA	SALAME

# Alimentos Permitidos M Todo Grez Recetas M Todo Grez

**JL Elias**



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