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| **Centre RNPC**  **COMMENT SE DEROULE UNE STABILISATION ?** |

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| **PHASES** | **SUBSTITUTS** | **REPARTITION ALIMENTAIRE** | **OMEGAS 3** |
| **AMAIGRISSANTE** |  | 800 KCAL  75% 15% 15% |  |
| **STABILISATION** |  | 1. ………. KCAL 2. ………. KCAL 3. ………. KCAL 4. ………. KCAL |  |
| **EQUILIBRE** |  | ………. KCAL  25% 30% 45% |  |