

A top-down view of a healthy breakfast spread on a white marble tray. In the center is a white bowl filled with rolled oats. To the right is a small white pitcher of milk. In the bottom right corner is a clear glass bowl filled with fresh strawberries. To the left of the oats are two halves of a green apple, cut open to show the seeds. The background is a light-colored wooden surface.

# Como e quando fazer ajustes na sua dieta?

**Existem duas grandes causas que levam ao efeito platô:**

- 1) Não adesão à dieta e exercícios
- 2) Seu corpo atingiu o equilíbrio



