



Esto no es una dieta (Spanish Edition)

By Lylian Le Goof

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¿Quieres adelgazar de una vez por todas, en lugar de enlazar un régimen con otro? Aquí tienes un plan completo de adelgazamiento totalmente natural, variado y novedoso, con el que aprenderás paso a paso una nueva forma de alimentarte para mantener la figura y cuidar la salud sin renunciar al placer de comer. ¡Di adiós a las dietas! • Es lo opuesto a un régimen: no se pasa hambre, no es hipocalórico ni hiperproteínico y no provoca el indeseado “efecto yoyó”. La respuesta sana y equilibrada a las llamadas “dietas milagro”. • Programa basado en el conocimiento de los alimentos y sus combinaciones, con nociones muy sencillas para cambiar los hábitos alimentarios y mantenerse en forma sin pasar privaciones ni contar calorías. • Evita la frustración que producen los regímenes habituales, demasiado monótonos y restrictivos, proponiendo menús equilibrados y variados con platos completos y sabrosos. • Orientado a un modo de vida saludable y sostenible que demandan los consumidores; incide en la alimentación biológica con productos de proximidad y de temporada. • Diseño desenfadado, en la línea de los dietarios. **ENGLISH DESCRIPTION** Do you want to lose that extra weight once and for all? Stop switching from one diet plan to the next. With this innovative, vMaried and completely natural diet plan, you’ll learn how to stay slim and healthy without having to sacrifice the pleasure of eating.

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