



Cocina rápido y fácil para adelgazar (Cocina Rapida Y Facil) (Spanish Edition)

Donna Hay

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Presenta 24 comidas completas para todos los días, incluyendo una sustanciosa cena griega con cordero, una fiesta india especiada, una tentadora selección de ensaladas thai y una sensacional cena española con paella. Cada receta ha sido analizado por computadora para determinar su aporte de kilojulios (calorías), fibras, grasas, y carbohidratos. Este libro demuestra a los que quieren adelgazar que perder peso y comer sano no tiene por qué ser aburrido, y ofrece platillos indicados para alimentar a toda la familia.

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