

Descargar Libro En Línea PDF Epub Mobi Español Sin Dieta Para Siempre - Gabriela Uriarte



Descargar libro en línea PDF epub mobi Español Sin dieta para siempre Gabriela Uriarte , Gabriela Uriarte, una de las dietistas-nutricionistas más influyentes de España, ofrece en este libro sus trucos para que tires la báscula, te olvides de las dietas y cambies tus hábitos alimentarios con comida real.

Sin dieta para siempre es una guía tan completa como única en la que encontrarás consejos para hacer tu compra de comida real, pautas para leer etiquetas y distinguir entre un buen procesado y un ultraprocesado, estrategias para sobrevivir a las comilonas sociales y ejemplos para planificar tus menús semanales. Pero también descubrirás 33 recetas sencillas y saludables para desayunos, snacks, comidas y cenas, que te darán ideas y te ayudarán a organizarte mejor en la cocina.

«Estas recomendaciones son el producto de años de consulta. Constituyen una manera diferente de hacer las cosas, de dejar de hacer dieta y de aprender a comer. Un enfoque práctico que te ayudará a hacer el día a día más sencillo y, sobre todo, más saludable.»

Gabriela Uriarte, creadora de @gu_nutricion

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