



Comida rica sin complicaciones - Platos saludables (Good Food) (Spanish Edition)

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Si desea alimentarse de forma mas sana sin renunciar al sabor ni a la variedad, no busque mas. Repleto de platos frescos y nutritivos, asi como de meriendas y postres para darse un capricho sin pasarse con las calorías, este libro se convertira en su guía para adoptar hábitos de alimentacion saludables. Además, las recetas incluyen informacion nutricional detallada para que pueda planificar su dieta tomando conciencia de lo que va a comer.

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