



Cometelo Flaca (Spanish Edition)

Patricia McCausland-Gallo

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La chef y nutricionista colombiana Patricia MacCausland publica un divertido libro con recetas y consejos para comer delicioso sin sufrir por el peso. “Cómetelo flaca” es su nuevo libro en el que explica los componentes de cada producto, da 200 recetas de preparación fácil, rápida, deliciosa y saludable, porque su teoría es que podemos comer de todo, pero saber cómo hacerlo. Incluye los valores nutricionales, tablas de conversión y nutritivas, tablas para preparar variedad de ensaladas, y todo lo necesario para comer como una chef, mantenerse flaca y nutrida toda la familia.

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