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Sabores y placeres del buen gourmet

## 100 recetas exquisitas para bajar de peso

Eduardo Casalins



100 recetas exquisitas para bajar de peso es un completo muestrario para disfrutar de una cocina baja en calorías pero sabrosa y de muy fácil preparación. Platos de todo el mundo con ingredientes sanos y deliciosos, permiten elaborar una dieta para adelgazar sin sufrimientos ni ansiedades. Este libro es una guía imprescindible para una nutrición sana y para eliminar esos kilos de más que afectan al organismo.

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<b>Author</b>	: Eduardo Casalins
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