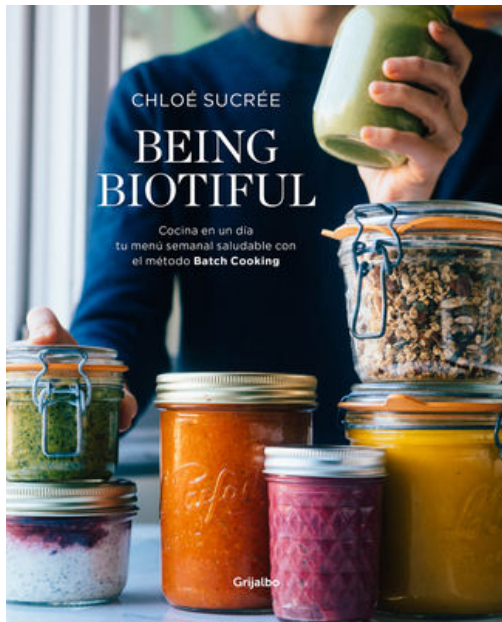


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Cuídate preparando comidas deliciosas, rápidas y muy saludables con el método *Batch Cooking*. ¡Organízate y disfruta!

Comer saludable no siempre es fácil y más si volvemos tarde a casa, cansados y con mucha hambre y, al final, ya sea por falta de tiempo o de inspiración, es fácil caer en la trampa de comer algo precocinado, sin ningún tipo de elaboración y, por lo general, poco sano. Pero ¿y si te digo que se puede comer saludable aun teniendo poco tiempo?

Chloé, fundadora del blog *Being Biotiful* que cuenta con miles de seguidores, nos enseña el método *Batch Cooking*, una manera de planificar y preparar comidas saludables, caseras y fáciles para toda la semana en tan solo una tarde.

Tras años de práctica en el arte de tostar y mezclar semillas, batir frutas y verduras y combinar ingredientes de manera sorprendente, nos cuenta su historia y sus consejos esenciales e inspiradores para cambiar nuestra rutina alimentaria y encaminarnos hacia una dieta vegetariana, orgánica y de temporada.

Title	:	Being Biotiful
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