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Ya sea que ya ames la comida vegana o necesites un poco de convencimiento.

Este libro utiliza un enfoque de pasos para llevarte a la Dieta Vegana y más allá a la aplicación práctica de hacer recetas saludables y deliciosas. Este estilo de vida se basa en una manera práctica y sostenible de nutrir nuestros cuerpos para mantener durante nuestra vida la salud, desempeño físico y bienestar general.

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Title	: Cocina Vegana: Recetas de Dieta Vegana Libros Veganos (Vegan)
Author	: Marcus Flint
Categoría	: Dieta especial
Publicación	: 19/02/2017
Editorial	: Babelcube Inc.
Vendedor	: Draft2Digital, LLC
Páginas impresas	: 16 páginas
File Size	: 577.75kB

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