

# Cocina sana para no engordar / Healthy food to prevent weight gain (Spanish Edition)



Una estupenda y completísima selección de recetas para conseguir un menú sano y equilibrado, con ideas y consejos para realizar platos más o menos calóricos y disfrutar de la gastronomía. Todo ello acompañado por unas magníficas ilustraciones y los datos necesarios para no tener ningún problema a la hora de llevar a cabo cada plato.

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