



Menus conscientes (Spanish Edition)

By Suzanne Powell

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Despues del exito de Alimentacion Consciente, la autora ofrece al lector una guia que simplificara a nivel practico la preparacion de los alimentos en el dia a dia. Con imagenes a todo color, Menus conscientes incluye propuestas para celiacos, consejos para el control del peso, ideas para llevar un picnic al trabajo y menus semanales equilibrados, entre otros, respetando siempre la correcta combinacion de alimentos de la dieta disociada. / After the success of Food Conscious, the author offers the reader a guide to simplify the daily preparation of food. Includes full-color images, proposals, aware menus, tips for weight control, and balanced weekly menus.

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Menus conscientes (Spanish Edition) By Suzanne Powell Bibliography

- Sales Rank: #227164 in Books
- Published on: 2015-02-28
- Original language: Spanish
- Number of items: 1
- Dimensions: 8.00" h x 5.25" w x .50" l, .0 pounds
- Binding: Mass Market Paperback
- 128 pages

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