



Cocina para Diabéticos. 100 recetas exquisitas dulces y saladas (Spanish Edition)

Eduardo Casalins

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Comer sano y natural es clave para que nuestro organismo se mantenga en su mejor estado, para que la salud tenga como meta el horizonte de sentirnos bien y en armonía con nuestra realidad física. Por eso, comer sano y natural es la meta que se propone esta colección, que ofrece deliciosas recetas con las que variar el menú de quienes padecen distintos trastornos que los obligan a llevar dietas estrictas con muchos ingredientes prohibidos. Nuestra idea es que comer sano y natural nunca debe ser un factor de fastidio, sino un acto de delicia. Este primer volumen está dedicado a la diabetes, una enfermedad que afecta a millones de personas en el mundo, e incluye 100 recetas de exquisitos platos salados y dulces, además de recomendaciones útiles para los diabéticos a la hora de cocinar.



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Cari Sexton:

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also giving you useful facts for your better life with this era. So now let us demonstrate the relaxing pattern the following is your body and mind will probably be pleased when you are finished examining it, like winning a sport. Do you want to try this extraordinary wasting spare time activity?

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