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Las recetas de La dieta del metabolismo acelerado (Spanish Edition)

Haylie Pomroy

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200 deliciosas recetas para perder hasta 10 kilos en 28 días

Acelera tu metabolismo ¡ya! Con esta herramienta ideal para cocinar comida deliciosa, nutritiva y casera.

La dieta que sigue Jennifer Lopez ha dado la vuelta al mundo y obtenido un éxito inigualable.

El compañero esencial del bestseller *La dieta del metabolismo acelerado*: un programa para celebrar la comida y la variedad, donde comerás de cinco a seis veces al día de acuerdo con un plan trifásico estratégicamente diseñado para mantener tu metabolismo en llamas. Aquí encontrarás:

- Más de 200 sencillas y deliciosas recetas para cocinar en cada una de las tres fases de *La dieta del metabolismo acelerado*.
- Recetas vegetarianas y veganas que hasta los más carnívoros disfrutarán.
- Un manantial de opciones libres de gluten, de lácteos y de alergias.
- Infinidad de recetas congelables que pueden cocinarse de un jalón.
- Docenas de platillos a fuego lento que pueden cocinarse en menos de cinco minutos.
- Tips útiles y originales que te ayudarán a economizar y a cocinar con creatividad.
- Consejos para intercambiar platillos que agregarán aún más variedad a tu repertorio gastronómico.

Ya sea que hayas obtenido grandes resultados con *La dieta del metabolismo acelerado* o que estés intentándola por vez primera, ésta es la herramienta ideal para cualquiera que pretenda cocinar comida deliciosa, nutritiva y casera para acelerar su metabolismo.

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