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Autore	L. Roberts Dale
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Altri autori (Persone)	D. Romero CastilloDahlia
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Nota di contenuto	Intro -- Título -- Derechos de Autor -- Recetas para Comer Limpio: Más de 30 recetas sencillas para comer saludable (Libro 2) -- Introducción -- Desayuno -- Ensaladas -- Guarniciones -- Platos fuertes -- Bebidas -- Postres y bocadillos -- Conclusión -- Gracias -- Acerca del autor -- Agradecimientos especiales -- EXTRA. Recetas a base de tomate -- Referencias.
Sommario/riassunto	This book, 'Recetas para Comer Limpio: Más de 30 recetas sencillas para comer saludable (Libro 2)' by Dale L. Roberts, offers over 30 simple and healthy recipes designed to encourage clean eating habits. The book includes a variety of dishes ranging from breakfasts, salads, side dishes, main courses, beverages, to desserts and snacks, with an additional section on tomato-based recipes. It emphasizes the health benefits of fruits and encourages incorporating them into daily meals for better health outcomes. The author provides practical tips for developing healthy eating habits and suggests consulting healthcare professionals before making significant dietary changes. This book is intended for individuals looking to improve their diet with nutritious and easy-to-prepare meals.