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ISBN	9781507151068 1507151063
Descrizione fisica	1 online resource (53 pages)
Altri autori (Persone)	Deyanira Romero CastilloDahlia
Soggetti	Vegetarian cooking Quick and easy cooking
Lingua di pubblicazione	Spagnolo
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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 1) -- Introducción -- Desayuno -- Ensaladas -- Guarniciones -- Platos fuertes -- Postres y ricos bocadillos -- Conclusión -- Gracias -- Acerca del autor -- Agradecimientos especiales -- Referencias.
Sommario/riassunto	Recetas para Comer Limpio: más de 30 recetas sencillas para comer saludable, authored by Dale L. Roberts, serves as a practical guide to maintaining a clean eating lifestyle. It emphasizes the importance of making thoughtful food choices without resorting to calorie counting or eliminating food groups. The book offers over thirty recipes that are simple to prepare, focusing on fresh vegetables, fruits, whole grains, and healthy proteins. This collection is designed for those seeking to enhance their diet with natural, wholesome foods. Each recipe is crafted to be prepared in under thirty minutes, making it suitable for individuals with busy lifestyles. The author shares personal experiences and practical tips for meal preparation, encouraging readers to enjoy the process without the pressure of perfection. The book is aimed at health-conscious individuals interested in a vegetarian diet and emphasizes the benefits of eating clean for maintaining energy and vitality.

