



# **Adelgaza sin hambre y con humor con mis recetas proteicas (Spanish Edition)**

*Carmen Albo*

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**Tras el éxito de *¡Yo sí conseguí adelgazar! Con mis recetas proteicas*, vuelve Carmen Albo con nuevas creaciones gastronómicas que te ayudarán a seguir tu dieta proteica de forma fácil y sin caer en el aburrimiento.**

Tras mi anterior libro de recetas proteicas para adelgazar, te propongo 80 nuevas recetas fáciles para ayudarte a adelgazar de forma rápida, eficaz, sin morir de aburrimiento y, por supuesto, ¡sin pasar nada de hambre!

En consonancia con los tiempos que corren, he incluido recetas muy económicas con ingredientes que se pueden encontrar en cualquier supermercado, sin que por ello estas nuevas recetas dejen de ser sanas ni, por supuesto, sabrosas.

Las recetas incluyen variaciones de ingredientes, trucos económicos o consejos para aprovechar sobrantes de comida que te ayudarán a seguir la dieta sin que la cesta de la compra se convierta en tu peor pesadilla. Y, naturalmente, todos los platos están aderezados con ese optimismo y buen humor que es imprescindible para «guisarse la vida» cuando nos encontramos a dieta.

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