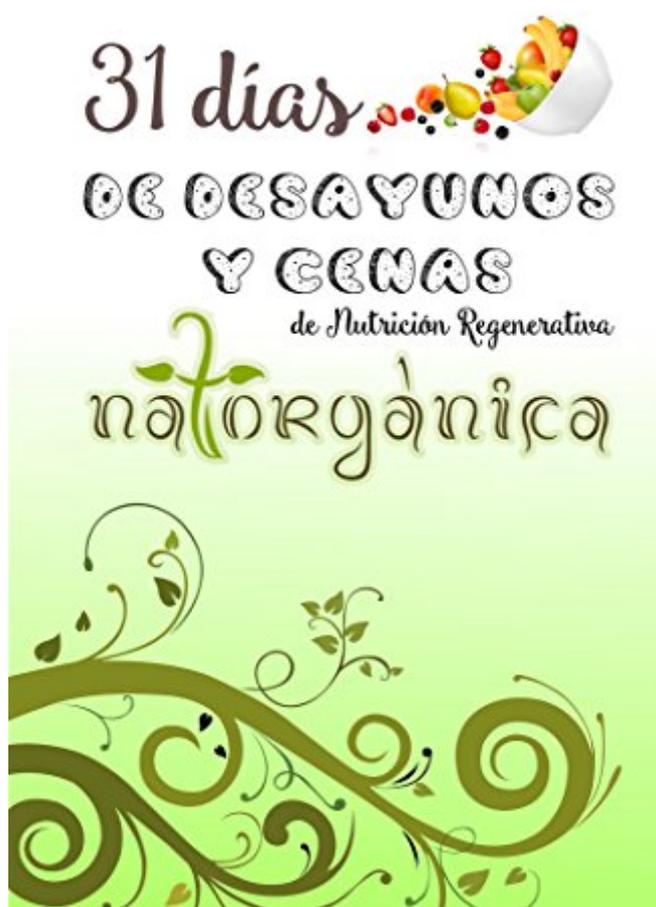


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# 31 Días De Desayunos Y Cenas De Nutrición Regenerativa: Recetas Sin Gluten, Bajos Carbohidratos, Paleo Y Fitness (Spanish Edition)



## Synopsis

Creado por la Master Chef en Alta Gastronomía Saludable, fundadora de Natorgánica Internacional, Silvia de Cusati. Este recetario contiene más de 30 recetas fáciles de reproducir en tu hogar de deliciosa comida sin gluten, sin azúcar, sin lácteos y algunas sin huevos para llevar salud a tu familia, con ingredientes accesibles. Además, baja de peso y mantente saludable, rejuvenece hasta 20 años biológicos cambiando tus hábitos alimenticios. Ideal para personas con pocos conocimientos en cocina. Porque sano y delicioso.. ¡Sí lo Natorgánica!

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