



La Dieta Paleo Para Principiantes ;Top 30 de Recetas de Pan Reveladas! (Spanish Edition)

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¿Aún piensas que no puedes darte el lujo de hacer una Dieta Paleo porque es costosa? Es momento de renunciar a ese pensamiento. Aquí, descubrirás como economizar la dieta con estos platillos Paleo económicos.

Limpia tu Despensa y tu Cocina

Una de las primeras cosas que necesitas hacer es limpiar tu despensa y cocina de alimentos e ingredientes no Paleo. Siguiendo esto, desarrolla un inventario de los productos Paleo en tu cocina y despensa.

Este paso te permitirá al menos dos cosas:

Evitar la tentación de regresar a tu vieja dieta.

Identificar productos o ingredientes que necesitas comprar para preparar tus comidas Paleo.

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