



Acelerar el metabolismo para quemar grasas (Spanish Edition)

Anne Winwood

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Para adelgazar no es necesario seguir complicados programas. Se trata, simplemente, de ingerir menos calorías de las que se consumen. Y una de las mejores maneras de hacerlo es comiendo diariamente alimentos calórico-negativos, ya que éstos (además de tener un aporte calórico bajo) poseen la capacidad de tener un efecto adelgazante en tanto y en cuanto su ingesta produce un gasto calórico mayor que las calorías que aportan. ¿Cómo es posible esto?, la explicación está en este libro que incluye:

*Fundamento de los alimentos calórico-negativos en 10 preguntas y sus respuestas.

*Consejos generales para una alimentación adelgazante.

*Una exhaustiva “ficha personal” de cada uno de los 19 alimentos que contienen calorías negativas.

*Más de 80 recetas de platos tan atractivos para la vista como para el paladar, todos ellos con –al menos– un ingrediente calórico-negativo y en su totalidad pensados para bajar de peso.

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