



Las recetas de la dieta de los 2 días

By Spencer, Mimi

URANO EDITORIAL, 2014. Condition: Nuevo. Tras la fantástica acogida de La Fast Diet, el libro que propone el ayuno intermitente como alternativa a las dietas engorrosas y poco efectivas, la autora Mimi Spencer, junto con la nutricionista Sarah Schenker, nos trae ciento cincuenta recetas sencillas y deliciosas especialmente creadas para los días de ayuno. El principio de la dieta Fast es muy simple: ingerir dos días de cada siete un cuarto de las calorías habituales, una forma de semiayuno basada en sólidas investigaciones nutricionales que permite perder kilos rápidamente sin sacrificar masa muscular. Para ayudar a los seguidores de La Fast Diet a planificar sus días de ayuno, las autoras han elaborado ciento cincuenta propuestas tan nutritivas como accesibles pensadas para ingerir un máximo de 500 calorías diarias sin pasar hambre ni sufrir ansiedad, incluida una sección de comidas extra rápidas. Un complemento imprescindible para empezar hoy mismo la dieta más flexible, eficaz y poco restrictiva: la dieta Fast.



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