



Más de 100 recetas adelgazantes pero sabrosas (Spanish Edition)

David De Jorge, Martín Berasategui

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Si quieres adelgazar sin sentirte la persona más desgraciada del planeta, y disfrutar comiendo mientras bajas kilos con alegría, prueba las recetas que han ayudado a David de Jorge, el cocinero más dicharachero del panorama culinario español, a perder 130 kilos.

Los grandes chefs Martín Berasategui y David de Jorge nos proponen platos saludables y apetitosos. Mano a mano han elaborado más de 100 recetas adelgazantes pero sabrosas que nos demuestran que el guiso no está reñido con la dieta: tortilla de patata "trampa", sangría y salsa bechamel adelgazantes, perdices guisadas, higos con queso fresco, chile con carne adelgazante o pastel de pollo asado. Un recetario único con estrella Michelin.

«Una vez iniciado el proceso de alimentarte con sentido común, parecerá que comes por primera vez y te convertirás en una tabla rasa. Lo borras todo, no hay registros. Todo sabe increíble. No encuentras antecedentes en el archivo y decidirás si te gusta. Gozarás con todo lo que te rodea. Te divertirás como nunca comiendo.»

«Encuentra las recetas que te permitan vivir mejor. Este libro es una mina.»

Extracto de «Los veinte mandamientos» de David de Jorge



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