

# Descargar libros Adelgazar con Thermomix® (Recetas) gratis (PDF | ePub | Mobi) Susaeta ediciones DG Media



*Recetas de cocina Thermomix.*

*Libro interactivo, incluye sección para añadir notas y resaltar texto. Una dieta de adelgazamiento suave y larga, basada en alimentos variados cocinados con poca grasa pero con mucha imaginación, se tolera mucho mejor y resulta más eficaz que una radical. Descubra cómo gracias a este fantástico libro y a su Thermomix® consigue resultados sorprendentes. En sus páginas, el lector encontrará un gran surtido de recetas, muy escogidas y nada convencionales, que le ayudarán a lograr su objetivo: perder peso. Platos sencillos, buenos consejos y todos los pasos necesarios para poder adelgazar sin caer en la rutina.*

*Incluye tabla de conversión entre TM21 y TM31*

**Title** : Adelgazar con Thermomix® (Recetas)  
**Author** : Susaeta ediciones  
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