



A Dieta Viva! (Portuguese Edition)

By Ana Bravo

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O livro de nutrição que mudará a sua vida!

«O meu objectivo é ajudar as pessoas a adaptar a alimentação à sua vida e não a vida à alimentação.»

Dr.^a Ana Bravo

— Plano alimentar completo e eficaz —

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Chega de viver sob regras estritas, a contar calorias e a pesar alimentos. Estar em forma não tem de ser sinónimo de privação e monotonia. Conheça **A Dieta Viva!** e uma nova forma de viver a alimentação.

A nutricionista Ana Bravo baseou-se na sua sólida experiência para lhe propor um plano alimentar simples e eficaz, que lhe permitirá alcançar e manter o peso certo com saúde e boa disposição. Em cinco simples fases, atingirá os seus objectivos e perceberá que, afinal, emagrecer é natural. Graças a uma variedade de deliciosas receitas saudáveis, verá como emagrecer pode ser igualmente fácil e saboroso. Além de uma útil ferramenta de emagrecimento, este livro será também um companheiro de longa data, pois contém um conjunto de boas práticas que deverão guiá-lo ao longo do tempo como chaves da boa forma e do bem-estar. Porque este não é apenas um livro de dieta, é um livro que promove um estilo de vida natural e equilibrado, rumo a uma nova vitalidade.

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Hollie Hoffman:

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