



## **Lo Esencial de Atkins: Un programa de dos semanas para comenzar un estilo de vida bajo en carbohidratos (Spanish Edition)**

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Millones de personas en todo el mundo ya han descubierto el Método de Nutrición Atkins y los tremendos beneficios conseguidos al controlar el consumo de carbohidratos. Ahora es aún más fácil unirse a esta revolución, perder el peso deseado, y gozar de perfecta salud siguiendo estos sencillos pasos. Menos científica y con un contenido más práctico, esta guía enfoca la esencia del programa de control de peso más eficaz del mercado, brindando las herramientas y capacitación necesarias para perder grasa corporal -- desechándola ¡para siempre! Con respuestas claras y concisas, Lo Esencial de Atkins es ideal para todo aquel en busca de un estilo de vida más saludable. Y para novatos, es una forma rápida y efectiva para comenzar. Los ya familiarizados con el programa, encontrarán tips indispensables sobre qué hacer al salir a cenar, al hacer compras, y mucho más.



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