



Desayunos del Trigo para el Vientre (Spanish Edition)

Sarah Sophia

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Libro de Cocina de Desayunos del Trigo para el Vientre

Serie The Essential Kitchen, Libro 44

Durante años los investigadores han grabado en nuestras cabezas la importancia de comer desayunos balanceados y llenos de nutrientes.

También la longevidad y una mejor salud en general han sido vinculadas a la adopción de una rutina saludable de desayunos. El comenzar cada día con un plan para el éxito debe incluir una dieta diseñada para darle combustible a tu cuerpo, inyectarte de energía, y hacer que tu cerebro esté más atento.

Un paso en la dirección correcta puede marcar la diferencia en tu rendimiento diario en el trabajo o en casa. Aprende a apreciar un poco más la vida, construye una sensación de confianza y adopta una actitud de bienestar, simplemente al modificar lo que comes por las mañanas.

Toma hoy la decisión de marcar esa diferencia.

Si eres una de las millones de personas que comienzan el día saltándose el desayuno o desayunando una taza de café y una dona camino al trabajo, este es el momento de escuchar. Literalmente comenzarás cada día a los pies de una colina, esperando que tu cuerpo y mente negocien cada paso que darás con muy poco o nada de energía.

Quizás no tienes mucha hambre. Ese bocadillo o sándwich que comiste en la noche aún da vueltas en tu estómago; el resultado de que tu sistema digestivo necesita descansar mientras duermes. Entonces en la mañana lo sientes como un pedazo de greda húmeda, volviéndote lento y dañando tu estilo.

No tiene por qué ser así.

Los cambios positivos de estilo de vida transforman tu vida y no hay mejor momento que el presente para hacer este ajuste en algo que es extremadamente importante: el desayuno. El Libro de Cocina de Trigo para el Vientre – Edición de Desayuno es algo que deben leer aquellos individuos que desean más energía, una baja de peso y una forma positiva de comenzar su día.

Aprende lo qu

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