



wellness del corpo e dello spirito: menù ipocalorici da 1200/1300 calorie (Italian Edition)

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Questi menù ipocalorici per anni sono stati in uso in un centro benessere termale dell'appennino tosco emiliano con ottimi risultati.

Imparate a calcolare le calorie, divertitevi cucinando fa parte del benessere spirituale.

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