

## La Dieta Dukan Dei 7 Giorni

“Se avessi costanza e determinazione potrei mangiare meno e diventare magro come quel modello della pubblicità”. Questo pensiero è un virus che si è insinuato nei tuoi ragionamenti e agisce per distruggere la tua autostima rendendoti insoddisfatto. Le restrizioni alimentari provocano una temporanea riduzione del peso per poi, quasi sempre, a medio termine determinare un aumento corporeo. Penserai che se sei tornato al peso precedente non è successo nulla, almeno ci hai provato. Purtroppo si è intaccata la tua autostima. Ora non credi più in te stesso, ti disprezzi perché pensi di non aver avuto sufficiente volontà. Questi pensieri ti rendono insoddisfatto e vuoto, senti il bisogno di riempirti di cibo che calmi la tua ansia. In questo libro ti offriamo un percorso per riacquistare la tua autostima, sbarazzarti dell'ansia e ridarti la voglia di vivere. Se vuoi veramente cambiare te stesso potrai così trovare il tuo peso ideale. LUCIANO CASOLARI è medico psichiatra, psicoterapeuta, dottore di ricerca in psicobiologia presso l'Università di Modena e Reggio Emilia, professore di psicosomatica. Ha scritto oltre settanta pubblicazioni scientifiche e i libri: Psichiatria senza stress, Editeam 1998; Io cresco con metodo, Palumbo 2000; L'amico psicoterapeuta, Positive press 2002; Il benessere psicosomatico, Positive press 2004; Psicoanalisi della Ferrari, Positive press 2006, Ama e fa ciò che vuoi, Aliberti 2011. Con i contributi di: Claudio Venturelli, psicologo psicoterapeuta, dirigente Azienda UsI Piacenza. Elisa Valdastrì, psicologa psicoterapeuta cognitivo-comportamentale. Flavio Casolari, psicologo clinico.

A companion to "The South Beach Diet" presents more than two hundred recipes that demonstrate how to eat healthfully without compromising taste, outlining the diet's basic philosophies and sharing personal success stories.

The long-awaited companion cookbook to the phenomenal bestseller The Dukan Diet. This is the book that hundreds of thousands of North American readers of The Dukan Diet have been clamouring for. Already a smash hit internationally, The Dukan Diet Cookbook is a must-have for making the most of the 4-step Dukan plan. With over 350 simple, easy-to-follow recipes for the 2 most important phases of the diet--Attack and Cruise--and 16 pages of beautiful colour photographs, The Dukan Diet Cookbook empowers readers to achieve their weight-loss goals while still enjoying delicious food.

Discover the original international diet sensation—used by Adele, heavyweight champion David Haye, and Pippa Middleton—that will help you lose seven pounds in seven days while experiencing lasting energy and eating all the foods you love. Over the past few years, fasting has become a popular diet option. Studies show that fasting—whether through moderate calorie restriction every day or the more severe but less frequent intermittent fasting—can help people lose about thirteen to fourteen pounds in six months and reduce their risk of developing disease. When we fast, our body's

energy stores activate what is known as sirtuins, or the “skinny gene,” and many positive changes ensue. Fat storage is switched off, and our body stops its normal growth processes and goes into “survival” mode. Fat burning is stimulated and the genes involved in the repair and rejuvenation of our cells are turned on—which all results to weight loss and improved resistance to disease. But if not done correctly, fasting can lead to hunger, irritability, fatigue, and loss of muscle. Enter Sirtfoods: a newly discovered group of foods that is revolutionizing healthy eating. Ranging from chocolate and red wine to garlic and walnuts, sirtfoods are particularly rich in special nutrients that help us activate the same skinny genes in our bodies that fasting triggers. Nutritionists Aidan Goggins and Glen Matten have created The Sirtfood Diet to help you effectively lose weight and improve your resistance to disease, while still giving you incredible energy and glowing health.

Living on Dukan Has Never Been Easier! Millions of people around the world have used the Dukan Diet’s unique 4-step plan to lose unwanted pounds. Now, keeping them off for life is simple and delicious. Dukan Made Easy contains all the tools you need to succeed: · The 10 slimming secrets you need to know today · Tips, tricks, and inspiration from successful followers for enjoying the Dukan Diet every day, in every situation: with family, friends, and eating out · Answers from Dr. Dukan to the most frequently asked questions · Meal plans and food lists for each phase—including no-cook menus · 60 new and delicious recipes

Ketogenic Cookbook - Outstanding Ketogenic Recipes That Will Skyrocket Your Fat Burning and Boost Your Keto Diet Success! What is the main reason that 83% of all people will fail with their ketogenic diet? They have no enjoyment in cooking and eating. Diets should not be an ordeal; they should fulfill you with joy as you approach your dream body step by step. That is exactly what this ketogenic cookbook will teach you - to recover the enjoyment of your keto diet and accelerate your fat burning to the maximum. What is the essence of a great cookbook? When it comes to ketogenic recipes, in particular, it is extremely important that a cookbook provides you with recipes that are simple to prepare. As we all know, most of the ingredients used in cookbooks are usually not common at home. The ambition of this ketogenic cookbook was to create recipes that are easy to follow while simultaneously tasting delicious and activating your fat burning. Why is this book different from conventional keto cookbooks? „This cookbook was written with love, diligence, and passion. All the ketogenic recipes in this book, I have already cooked countless times for myself, my children, my husband, and friends. That's why I can happily share them with you, because the greatest compliments you will get for your new culinary creations are from your loved ones. The recipes have been improved again and again over time, which means that I don't just share recipes with you; I offer you a deep insight into my ketogenic nutrition and my passion for food.” - Claudia J. Caldwell Guarantee: All recipes were created with love. What does the book contain? Introductory

Part What is Ketogenic Diet? How to Achieve Ketosis Benefits of Ketogenic Diet Keto Diet Plan Breakfast Recipes (e.g. Keto Baba Ghanoush with Flatbread) Lunch Recipes (e.g. Grilled Flank Steak with Avocado Dip) Dinner Recipes (e.g. Coconut Shrimp Soup) If you want to take your diet success to a totally new level, you should give this book a try! Just click on the button "Buy now with 1 Click" and start living the ketogenic lifestyle!

Dr Dukan has created a new version of his bestselling diet. It's just as effective as the original but with a seven-day eating plan you can lose weight at your own pace without giving up the foods you love. Follow the 7 steps from Monday to Sunday each week until you reach your true weight. Day 1: Protein Day 2: Protein, vegetables Day 3: Protein, vegetables, fruit Day 4: Protein, vegetables, fruit, bread Day 5: Protein, vegetables, fruit, bread, cheese Day 6: Protein, vegetables, fruit, bread, cheese, complex carbs Day 7: Celebration meal with wine and chocolate As with the original diet, once you reach your target weight you progress to the Consolidation and Stabilisation phases. Dukan Diet 2 - The 7 Steps is the new way to lose the weight you want like millions of others have around the world. Devised by Dr Pierre Dukan, a French medical doctor who has spent his career helping people to lose weight permanently, The Dukan Diet is the culmination of thirty-five years' clinical experience. Beyond its immense success in France, The Dukan Diet has been adopted by more than 50 countries and translated into 25 languages. Includes over 40 new recipes plus menu planners «Con questo libro apro il secondo fronte della mia 'guerra' contro il sovrappeso, a cui ho consacrato la mia intera vita.» Haylie Pomroy, the powerhouse nutritionist behind the #1 New York Times bestseller The Fast Metabolism Diet, breaks new ground and gives anyone trying to lose weight new tools for busting through plateaus. Using targeted micronutrients to incinerate weight-loss roadblocks, Haylie will help you remove the problem—and lose up to 3, 5, and 10 pounds in as many days! The Burn offers three eating plans, therapeutically designed to achieve highly specific results. The I-Burn targets the body's inflammatory reactions to food and flushes out toxins and subcutaneous fat, producing prominent cheekbones and a glowing complexion in three days. In five days, the D-Burn unblocks the body's digestive barrier and torches torso fat, to create a flat belly and tighter waistline. The 10-day H-Burn addresses the hormonal system, repairing and facilitating the proper synthesis of hormones to reshape lumps and bumps into gorgeous curves, sleeker hips, and thinner thighs. The Burn also unveils: · I-Burn, D-Burn, and H-Burn eating and living plans, complete with detailed grocery lists and daily menus to keep the process simple and easy-to-follow. · Dozens of delicious recipes for meals in a flash. · Simple success boosters: foods, teas, tips, and practices that are easy to incorporate and stoke up your body's ability to heal. · How to live your life on fire – road maps that help readers recognize what their bodies are saying to keep their metabolisms blazing!

È ormai noto che, per modificare stabilmente i propri comportamenti, non basta essere dei recettori passivi di

informazioni su cosa è meglio fare, ma bisogna diventare parte attiva di questo processo. La dieta per immagini è un percorso illustrato che mira ad aumentare la consapevolezza delle proprie scelte alimentari e a sviluppare le abilità necessarie per migliorarle. Filo conduttore del volume è rappresentato dai profili alimentari, che definiscono tipologie di comportamento alimentare in cui i lettori potranno riconoscersi per trarre indicazioni su come organizzare meglio la propria giornata alimentare, per perdere i chili di troppo e mantenere il peso raggiunto. In molte situazioni quotidiane non è facile stabilire qual è la porzione giusta per le nostre esigenze o come sostituire un alimento con un altro equivalente. Il libro fornisce molteplici strumenti per imparare a quantificare le porzioni alimentari senza ricorrere alla bilancia, a partire innanzitutto da una raccolta di immagini fotografiche di moltissime preparazioni. Le regole d'oro, i suggerimenti e la tabella per la pianificazione del programma alimentare a immagini sono a supporto per evitare menu monotoni e la trappola di schemi rigidi vincolati alla necessità di dover pesare tutto.

This is an updated version of the book I wrote ten years ago to help as many people as I could to lose weight. I felt certain then—and continue to do so—that the widespread dissemination of misinformation about what constitutes a healthy diet had caused that epidemic of weight gain in this country. The book made a greater impact than anyone might have predicted. Its sales exceeded ten million copies, and it was the number one selling diet and health book in the U.S. for nearly five years. In fact, it has been the all-time top seller in its field. Certainly of the millions of people who've read it, a large percentage followed its precepts, lost weight, kept it off and decisively improved their health. What you hold in your hands is a thoroughly rewritten version of that work. Having listened with care to the people who followed my weight control program, I've clarified and improved the "do-ability" of the practical chapters of this book. I've added many new case histories and a horde of new and improved recipes. Finally, I've incorporated information on the recent upsurge of scientific evidence. We had it right ten years ago, but now we have twice as much research to confirm the nutritional approach championed by New Diet Revolution.

This volume includes the latest diagnostic criteria for PCOS and comprises the most up-to-date information about the genetic features and pathogenesis of PCOS. It critically reviews the methodological approaches and the evidence for various PCOS susceptibility genes. The book also discusses additional familial phenotypes of PCOS and their potential genetic basis. All four editors of this title are extremely prominent in the field of PCOS.

The Dukan Diet is a unique 4-step programme, combining two steps to lose your unwanted weight and two steps to keep it off for good. The Diet 100 Eat As Much As You Want Foods helps you incorporate the bestselling weight-loss programme into your life so that you can lose the weight you want like millions of others have around the world.

Dr. Smith's diet has been featured on VH1's number-one rated show, Celebrity Fit Club, where Hollywood celebrities

follow his customized diet plan and compete to lose weight. Now, with The Fat Smash Diet, everyone will have access to the revolutionary eating plan that leads to lifestyle changes and permanent weight loss forever. The Fat Smash Diet is not a gimmick or short-term fix. It is a four-phase diet that starts out with a natural detox phase to clean impurities out of the system. Once this nine-day phase is completed, the next three phases encourage the addition of everyday foods that promote significant weight loss. In just thirty days, most dieters will complete all four phases and be on their way to a thinner lifetime of good health. Best of all, there is no calorie counting, and Dr. Smith guarantees there never will be. As an added bonus, there are over fifty easy-to-cook, tasty recipes that make it easier to stick with Dr. Smith's plan. The Fat Smash Diet is unlike any other program on the market. In fact, it's the **LAST DIET YOU'LL EVER NEED!**

Packed with ways to liven up your meals whilst sticking to the Dukan diet and reaching your goal, these recipes feature a range of dressings, sauces and desserts.

Finalmente le risposte di un medico alle domande più diffuse sulla dieta Dukan.

La nuova edizione 2013 della dieta Dukan: più chiara, più aggiornata e con un inserto a colori.

È la materia che più di tutte toglie il sonno, è sinonimo di difficoltà, fatica e notti in bianco, è causa di disperazione in figli e genitori... Ma è soprattutto una bellissima avventura. Come il latino ci salva la vita spiega perché dobbiamo essere grati alla lingua di Virgilio e Cicerone, e perché essa non è uno scoglio, ma un'ancora di salvezza che insegna a vivere meglio; con un percorso tematico sui grandi della latinità, da Orazio a Seneca, da Catullo a Petronio, da Lucrezio a Quintiliano, troveremo la risposta che gli uomini di duemila anni fa davano ai loro problemi, dall'innamoramento infelice all'insofferenza verso le feste comandate; dal rifiuto degli status symbol ai dispiaceri scolastici; risposte che possono lenire anche le nostre ansie quotidiane, o farci guardare al presente con un occhio diverso.

Beverly Hills nutritionist Haylie Pomroy has a long list of loyal celebrity clients - including Jennifer Lopez, Raquel Welch and Reese Witherspoon. With this book she reveals her red carpet secrets - and promises you can lose up to 20lbs in 28 days. On this plan you're going to eat a lot - and still lose weight. You're not going to count a single calorie or fat gram. Instead, you're going to rotate what you're eating throughout each week in proven plan designed to set your metabolism on fire. Phase I (Monday-Tuesday): Lots of carbs and fruits Phase II (Wednesday-Thursday): Lots of proteins and veggies Phase III (Friday-Sunday): All of the above, plus healthy fats and oils By keeping your metabolism guessing, you'll get it working faster. You'll see the weight fall off, your cholesterol drop, your blood sugar stabilize, your energy increase, your sleep improve, and your stress dramatically reduce. All thanks to the miraculous power of real, delicious, satisfying food! Complete with 4 weeks of meal plans and over 50 recipes - including vegetarian, organic, and gluten-free options - this is the silver bullet for anyone who wants to naturally and safely eat their way to a slimmer, healthier body.

Ci sono mille diete e mille presunti guru tra i nutrizionisti ma alla fine con quali risultati e con quali effetti collaterali? Non sarebbe bello se ci fosse una pillola magica che ci facesse dimagrire senza rischi per la salute? Arriverà presto! Ma intanto scopri con questo libro come dimagrire in fretta rimanendo sempre di buon umore. Dieta, infatti, è sinonimo di stress e tristezza ma con questo libro scoprirai come dimagrire felicemente, senza perdere il sorriso. In questo libro trovi tutto quello che devi sapere e fare, dalla A alla Z, per dimagrire velocemente e in modo sano. E non poco. Scopri subito Quanto devi dimagrire I segreti per dimagrire Come organizzare la Dieta Come

dimagrire senza sacrifici I segreti della Dieta Sana Carboidrati Si o No? Come ridurre grassi e zuccheri senza privazioni Le Diete alla moda (tutto quello che devi sapere!) Dukan vs Dieta a Zona The China Study e Vegetarianismo L'ABC della Dieta Il Vademecum della Dieta di successo I segreti per dimagrire, oltre la Dieta Come sconfiggere la pigrizia e fare movimento Come fare movimento senza sforzi e svagandosi Lo Sport giusto per te Come dimagrire risparmiando soldi

Dr. Dukan has created a gentle new version of his bestselling diet. It's just as effective as the original, but with a seven-day eating plan you can lose weight at your own pace without giving up the foods you love. Follow the 7 steps from Monday to Sunday each week until you reach your true weight. Day 1: Protein Day 2: Protein, vegetables Day 3: Protein, vegetables, fruit Day 4: Protein, vegetables, fruit, bread Day 5: Protein, vegetables, fruit, bread, cheese Day 6: Protein, vegetables, fruit, bread, cheese, complex carbs Day 7: Celebration meal with wine and chocolate! As with the original diet, once you reach your target weight you progress to the Consolidation and Stabilization phases. The Seven Steps is the new way to lose the weight you want, like millions of others around the world.

VIAGGIO TRA I CIBI PIÙ ASSURDI DEL MONDO Ittiofagia estrema Antropologia gourmet Entomofagia Geofagia Foodporn Frugivorismo Tossicologia gastronomica Florifagia QUASI TUTTO È COMMESTIBILE SU QUESTO PIANETA, BASTA ESSERE CURIOSI. INSETTI CROCCANTI, ARGILLA ROSSA, ERBE E FUNGHI ALLUCINOGENI, SPERMA DI TONNO E CERVELLO DI RENNA, PERSINO ALCUNE PARTI DEL CORPO UMANO. DOPO AVER LETTO QUESTO LIBRO O SI SMETTE DI MANGIARE O SI DIVENTA VERAMENTE ONNIVORI. A VOI LA SCELTA. Quando si tratta di alimentazione l'assurdità è un concetto molto relativo. Millenni di esplorazioni culinarie hanno plasmato i modi di vivere di ogni popolo, la sua cultura e tradizioni. Mangiare carne di cavallo è un gesto alimentare ripugnante per gli anglosassoni, ma sgranocchiare le ossa di un coniglio lo è per il popolo thai, mentre nutrirsi di insetti o di funghi allucinogeni è inconcepibile per l'italiano innamorato delle lasagne. Da sempre ciò che mangiamo ci dice molto sulle nostre credenze religiose, appartenenza di classe, impegno etico e molto altro. Per questo, mangiare le chapulines – le cavallette messicane saltate in padella con aglio, limetta e sale – è un atto culturale vero e proprio con cui approcciare il Sudamerica. E decidere se rifocillarsi di placenta umana sia riprovevole auto-cannibalismo o un atto nutritivo per le puerpere dipende dalle nostre stravaganti convinzioni. E nel futuro? Perderemo il gusto e tutto sarà sintetizzato geneticamente? Probabilmente saremo molto più responsabili, e forse davvero penseremo a nutrire anche il pianeta oltre che noi stessi.

Le fregature peggiori nel mondo della ristorazione derivano da una manipolazione del cliente che avviene ancor prima che questo entri in un locale: marketing di bassa lega, giornalismo d'accatto, luoghi comuni e frasi fatte ti portano fuori strada senza che te ne accorgi. Se vuoi liberarti dalle false credenze dell'ambiente, proviamo a smontare assieme, pezzo per pezzo, le sette grandi bugie del settore più diffuse con cui ci manipolano a tavola. Il marketing si occupa di studiare la psicologia della vendita, e non c'è niente di male in questo, ma c'è tanta differenza fra persuadere e manipolare, e qui ne parleremo diffusamente. "Se gestisci una pizzeria o una attività nel food o se, semplicemente, sei un amante di uno dei prodotti culinari italiani più famoso al mondo, allora questo libro si trova nelle mani giuste". Prefazione di Stefano Versace e introduzione di Salvatore Massimo Fazio.

Dr Mike Moreno's 17 Day Diet is a revolutionary new weight-loss programme that activates your skinny gene so that you burn fat day in and day out. The diet is structured around four 17-day cycles: Accelerate- the rapid weight loss portion that helps flush

sugar and fat storage from your system; Activate-the metabolic restart portion with alternating low and high calorie days to help shed body fat; Achieve - this phase is about learning to control portions and introducing new fitness routines; Arrive - A combination of the first three cycles to keep good habits up for good. Each cycle changes your calorie count and the food that you're eating. The variation that Dr. Mike calls 'body confusion' is designed to keep your metabolism guessing. This is not a diet that relies on a tiny list of approved foods, gruelling exercise routines, or unrealistic calorie counts that leave you hungry and unfulfilled. Each phase comes with extensive lists of what dieters can and can't eat while on the phase, but also offers acceptable cheats. He advises readers not to drink while on the diet, but concedes that if they absolutely have to then they should at least drink red wine. Dr Mike knows that a diet can only work if it's compatible with the real world, and so he's designed the programme with usability as a top priority.

Dr. Steve Parker presents the world's first low-carbohydrate Mediterranean diet. Nutrition experts for years have recommended the healthy Mediterranean diet. It's linked to longer life span and reduced rates of heart attack, stroke, cancer, diabetes, and dementia. Dr. Parker (M.D.) has modified the Mediterranean diet to help you lose excess weight while retaining most of the healthy foods in the traditional Mediterranean diet. What's the secret? Cut back on the fattening carbohydrates such as concentrated sugars and refined starches. You'll discover how to manage your weight without exercise, without hunger, without restricting calories, while eating fish, meat, chicken, vegetables, fruits, wine, olive oil, nuts, and cheese. The book includes advice on how to avoid weight regain, instruction on exercise, a week of meal plans, special recipes, a general index, a recipe index, and scientific references. All measurements are given in both U.S. customary and metric units. This low-carbohydrate Mediterranean diet is included also in Dr. Parker's "Advanced Mediterranean Diet" (2nd edition) and "Conquer Diabetes and Prediabetes." Are you finally ready to lose weight while eating abundantly and without counting calories?

The all-new international bestseller! Think you know the Atkins Diet? Think again. This completely updated, easier-than-ever version of the scientifically-proven Atkins diet has helped millions of people around the world lose weight—and maintain that weight loss for life. The New Atkins is... Powerful: Learn how to eat the wholesome foods that will turn your body into an amazing fat-burning machine. Easy: The updated and simplified program was created with you and your goals in mind. Healthy: Atkins is about eating delicious and healthy food—a variety of protein, leafy greens, and other vegetables, nuts, fruits, and whole grains. Flexible: Perfect for busy lifestyles: you can stick with Atkins at work, at home, on vacation, when you're eating out—wherever you are. Backed by Science: More than 50 studies support the low-carb science behind Atkins. But Atkins is more than just a diet. This healthy lifestyle focuses on maintenance from Day 1, ensuring that you'll not only take the weight off—you'll keep it off for good. Featuring inspiring success stories, all-new recipes, and 24 weeks' worth of meal plans, The New Atkins for a New You offers the proven low-carb plan that has worked for millions, now totally updated and even easier than ever.

La dieta Dukan dei 7 giorni. I 7 passi della scala nutrizionale: il metodo dolce per dimagrire senza rinunceLa Dieta Dukan dei 7 giorniSPERLING & KUPFER

In Love Your Curves Dr Pierre Dukan looks at why men and women are different shapes. Many women are in a perpetual quest for thinness, convinced that is the key to happiness and the best way to attract a partner. However, Dr Dukan provides scientific evidence to demonstrate that, although society and the media often makes us feel otherwise, curves are natural and much more appealing. Told with humour, Love Your Curves is Dr Dukan's personal message that we should lose weight, not shape. Dr Pierre Dukan is a French medical doctor who has spent his career helping people to lose weight permanently. The Dukan Diet is the culmination of thirty-five years' clinical experience. Beyond its immense success in France, The Dukan Diet has been adopted by 20 countries and translated into 10 languages. Many international observers agree that this is the method most likely to put a stop to the world's weight problems.

Il colpo di grazia alla dieta Dukan. Elle France Un cocktail di ironia e risultati scientifici svela i meccanismi dell'effetto yo-yo e smaschera il "guru" della dieta Dukan. Science et Avenir Ben scritto e facile da leggere, soprattutto se volete finalmente scoprire tutta la verità. da Amazon.fr

Programma di Dieta Dukan Senza Segreti Dai Problemi alla Motivazione: come Affrontare la Dieta Sentendoti Appagato a Tavola in 7 Giorni Collana Libri Diete COME FUNZIONA IL SISTEMA DUKAN Come si articola la dieta Dukan in tutte le sue fasi. Come e perché la dieta Dukan è migliore delle normali diete ipocaloriche. Come costruirsi una nuova educazione alimentare per abituare il tuo corpo ad essere magro. Acqua e sport: i due ingredienti fondamentali del tuo nuovo regime alimentare. COME VINCERE L'OSTACOLO PIU' GRANDE Come apprezzare il disagio e riconoscerlo come dimostrazione del nostro autentico impegno. Come imparare a non risolvere i problemi gettandosi sul cibo. Come classificare i problemi in materiali e immateriali per giungere alla soluzione più consona. COME ORGANIZZARSI: TRUCCHI E CONSIGLI Come raggiungere il giusto peso focalizzando l'obiettivo nel corso del tempo. Come riorganizzare la dispensa per far spazio ad alimenti sani e sostanziosi. Come rendere i tuoi pasti appaganti preparando ricette che coinvolgano tutti e 5 i tuoi sensi. COME SUPERARE I MOMENTI DI CRISI Come riconoscere la crisi quando si presenta e cosa fare per superarla. Come reagire e cosa fare in caso di noia alimentare. Come rimanere centrati sull'obiettivo grazie alla visualizzazione del tuo IO magro e felice. COME RIMANERE MAGRI PER SEMPRE La fase di consolidamento: come non cedere proprio ora e perché è così importante questo periodo. Come mantenere vivo il ricordo dei sacrifici compiuti per non cadere in tentazioni. Come combattere la malinconia del periodo Dukan grazie al pensiero dinamico. Il caffè al bar visto dall' altra parte del bancone. Aneddoti, curiosità ed episodi talvolta non sempre divertenti della vita quotidiana di una barista.

Dieta Dukan: ecco le ricette più allegre e sfiziose di cocktail analcolici e stuzzichini per dimagrire con il metodo ideato dal nutrizionista francese Pierre Dukan. Inoltre, all'interno troverai un BONUS OMAGGIO riservato ai lettori! Grazie a questo ricettario, scoprirai come preparare tante combinazioni diverse di aperitivi per tutte le fasi della dieta (anche dalla fase d'attacco!). Questa nuova edizione del libro contiene ben 100 ricette: 42 di bevande analcoliche + 58 di stuzzichini, ottimi anche come antipasti (appetizer). Una risorsa utilissima per evitare la noia dei soliti menù dietetici e avere sempre a portata di mano una scorta di gustosi spezza-fame da consumare liberamente ad ogni ora del giorno (e della notte). "Se anche tu, come me, segui la Dukan, questo libro può davvero cambiarti la vita! Buona lettura e buona dieta." Novella Bongiorno

The Dukan diet recipe book shows how you can eat well and still lose weight.



