



Dieta Paleo para Iniciantes - As 30 melhores receitas de macarrão Paleo reveladas ! (Portuguese Edition)

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O livro apresenta os fundamentos da Dieta Paleolítica, ou Dieta Paleo, também conhecida como Dieta do Homem das Cavernas, a Dieta do Caçador-Coletor, Dieta da Idade da Pedra e a Dieta do Guerreiro. Informações sobre como a dieta funciona, razões de seu sucesso, alimentos permitidos e não permitidos na dieta e receitas de macarrão no estilo Paleo.

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