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La dieta SCARSDALE *Come perdere 7 kg in 14 giorni*



La dieta Scarsdale continua a riscuotere successo ancora oggi a quasi 40 anni di distanza da quando la ideò il dottor Tarnower per i suoi pazienti del centro di cardiologia dove lavorava.

È una dieta iperproteica, low-carb e low-fat che fa perdere peso velocemente (400-500 grammi al giorno se la si segue alla lettera) nelle prime due settimane, alle quali segue poi una seconda fase di mantenimento che dura altri 14 giorni.

In questo ebook vedremo quali siano gli alimenti permessi e vietati, il rigido menù settimanale giorno per giorno e anche quello previsto per i vegetariani.

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