

# Télécharger Livres Gratuit Sucos Verdes (PDF | ePub | Mobi) Fern Green DataBase Book



APRENDA A FAZER SUCOS, SMOOTHIES E LEITES VEGETAIS SABOROSOS E FÁCEIS DE PREPARAR.

- São 66 receitas deliciosas que combinam frutas e verduras cruas, repletas de vitaminas, fibras e minerais essenciais.
- Todas elas são explicadas passo a passo e ricamente ilustradas.
- Oferecem uma maneira simples e prática de ingerir sua “quota diária” de vegetais.
- Pouco calóricas, ajudam a emagrecer e podem substituir refeições.
- Limpam e desintoxicam o organismo, restabelecendo seu equilíbrio para evitar doenças e curar problemas de saúde.
- Estimulam as pessoas que não gostam de verduras a consumi-las, misturando-as com suas frutas preferidas.
- Contribuem para purificar o sangue e estimular o metabolismo.
- Extra: Um programa detox de uma semana.

“Quando o assunto são sucos verdes, nada melhor do que este livro de Fern Green.” - Marie Claire italiana

“Não hesite em preparar as belas e criativas receitas desta bíblia verde.” - revista Paulette

“Com as ótimas receitas deste livro, finalmente posso dizer que vitaminas e sucos verdes são bons, bonitos e gostosos.” - Fiamma Sanò, blog do Corriere della Sera

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