



La buena cocina para la embarazadas (Spanish Edition)

Anna Prandoni, Fabio Zago

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La creencia popular dice que cuando se está embarazada hay que comer por dos, pero nada más lejos de la realidad. Es en ese momento cuando más hay que cuidarse desde el punto de vista nutricional. Este libro pretende dar a todas las futuras madres algunas pautas a seguir: los consejos de un nutricionista y de un médico se transforman en deliciosos platos en manos de un hábil chef. ¿Resultado? Un conjunto de recetas apetitosas y equilibras, sabrosas y completas.

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