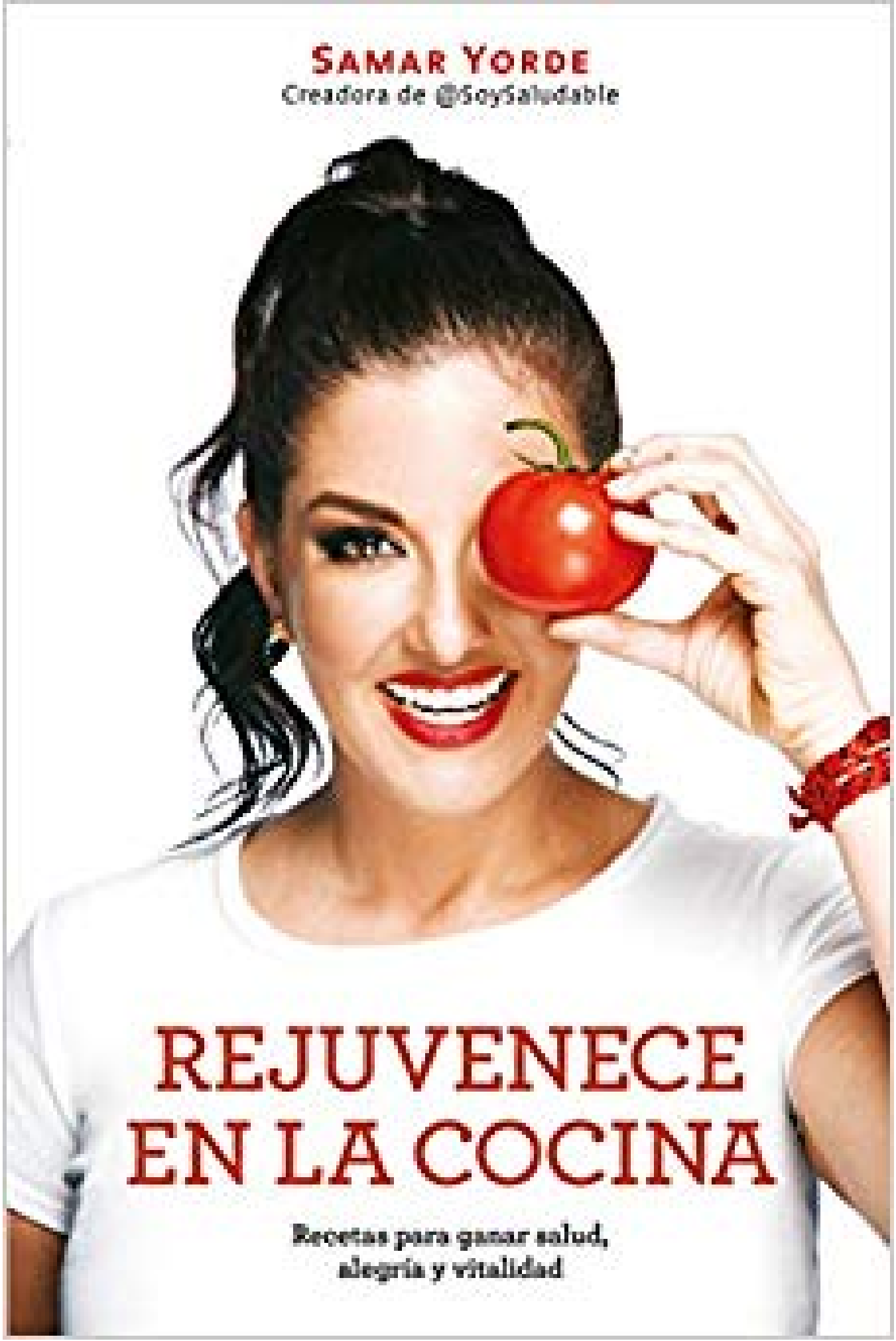


SAMAR YORDE
Creadora de @SoySaludable

A woman with dark hair tied back, wearing a white t-shirt and a red beaded bracelet, holds a bright red tomato over her right eye. She is smiling broadly at the camera.

REJUVENECE EN LA COCINA

Recetas para ganar salud,
alegría y vitalidad

Samar Yorde

Rejuvenece en la cocina: Recetas para ganar salud, alegría y vitalidad /
Rejuvenate Yourself in the Kitchen: Recipes for Generating Health, Joy,
and Vita (Spanish Edition)



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Si tu meta sera mantenerte joven, lograr un peso saludable, alejar las enfermedades o tener energí Mejoraré Get to know antioxidants, your allies for getting energy, health, and life.. recuerda que todo comienza con los alimentos que consumes. Empieza a vivir cada día Con una alimentación Hoy puedes dar el primer paso que te llevará al cuerpo y a la vida que siempre thereforeñ With natural cooking food as a philosophy, Samar invites us to commemorate life and in Rejuvenate Yourself in the Kitchen, she discusses topics like: En Rejuvenece en la cocina, Samar Yorde te enseña recetas deliciosas, te lleva de compras y te da consejos prácticos para sentirte como nunca antes y recuperar tu energía vital.a haciendo lo correcto, lo que sera saludable para tu cuerpo y justo para ti.n adecuada.You are what you eat..a. the healthful pharmacy! Controlarás la ansiedad• Vencerás las adicciones• Dormirá Excellent advice to keep in mind when going to the supermarket. Perderás peso• Lucirás más joven• "s energí" Sentirás alegría• You decide. tu autoestima• Lose excess weight, not pleasure.s tu vidaENGLISH DESCRIPTIONRejuvenate Yourself in your kitchen: Recipes for Generating Health, Joy, and Vitality Samar Yorde Samar Yorde, creator of the system @soysaludable and writer of I Am Healthy: Transform Your Body Without Stress and anxiety or Obsessions (Aguilar, 2016) now presents us with a full dietary plan to improve our health and gain even more energy and vitality. Everything you need to know to consume healthfully, with a straightforward explanation about what occurs to foods if they enter your body and how it gets rid of poisons. aste tener. Basically: a plan to rejuvenate ourselves because of the foods we eat. The secret formula to live longer and better.. Also, discover why vegetables and fruit are the elixir of youth. Food: your best medication or your worst poison. Alargará And a lot more than 100 healthy recipes, from simple preparations, smoothies, vegetables and healthy sauces, to energy-packed breakfasts, balanced lunches, snacks for keeping up your time, light dinners, and guilt-free of charge desserts! The supermarket ... tu salud: •s mejor• Samar proposes a dietary model that's balanced and healthful, with suggested portions for the most common foods. Ganará. Live life with energy, youth, wellness, and joy, because it is true: fish do die by the mouth. Aumentaráa y vitalidad• –Samar Yorde



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