



# Dieta Paleo para Principiantes - Reveladas as top 50 receitas de batidos Paleo! (Portuguese Edition)

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Está pronto a beneficiar do que poderá ser o plano de dieta mais saudável?

A preparação é a chave para beneficiar em grande escala do Plano de dieta Paleo. Este guia servir-lhe-à como complemento ao desenvolvimento dos conhecimentos da dieta Paleo, de forma a certificar-se de que está no caminho certo para mudar o seu estilo de vida de forma a perder peso em excesso e tornar-se numa pessoa mais saudável e equilibrada.

Estão incluídas 50 receitas de batidos saudáveis e saciantes que irão incentivá-lo a adoptar o estilo de vida Paleo sem esforço nem sacrifícios!

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