



## 60 dietas a prueba (Spanish Edition)

*Olga Roig*

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ELIGE TU DIETA CON TOTAL CONOCIMIENTO. Olga Roig nos ofrece en esta guía toda la información necesaria para conocer y valorar las dietas más famosas, para así descubrir cuál es la que más se ajusta a las necesidades de cada uno. Aquí podrás encontrar 60 dietas, desde la dieta de la alcachofa, hasta la dieta del chocolate, pasando por la dieta de la pizza o de la sopa maravillosa... ¿cuál elegirás tú?

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