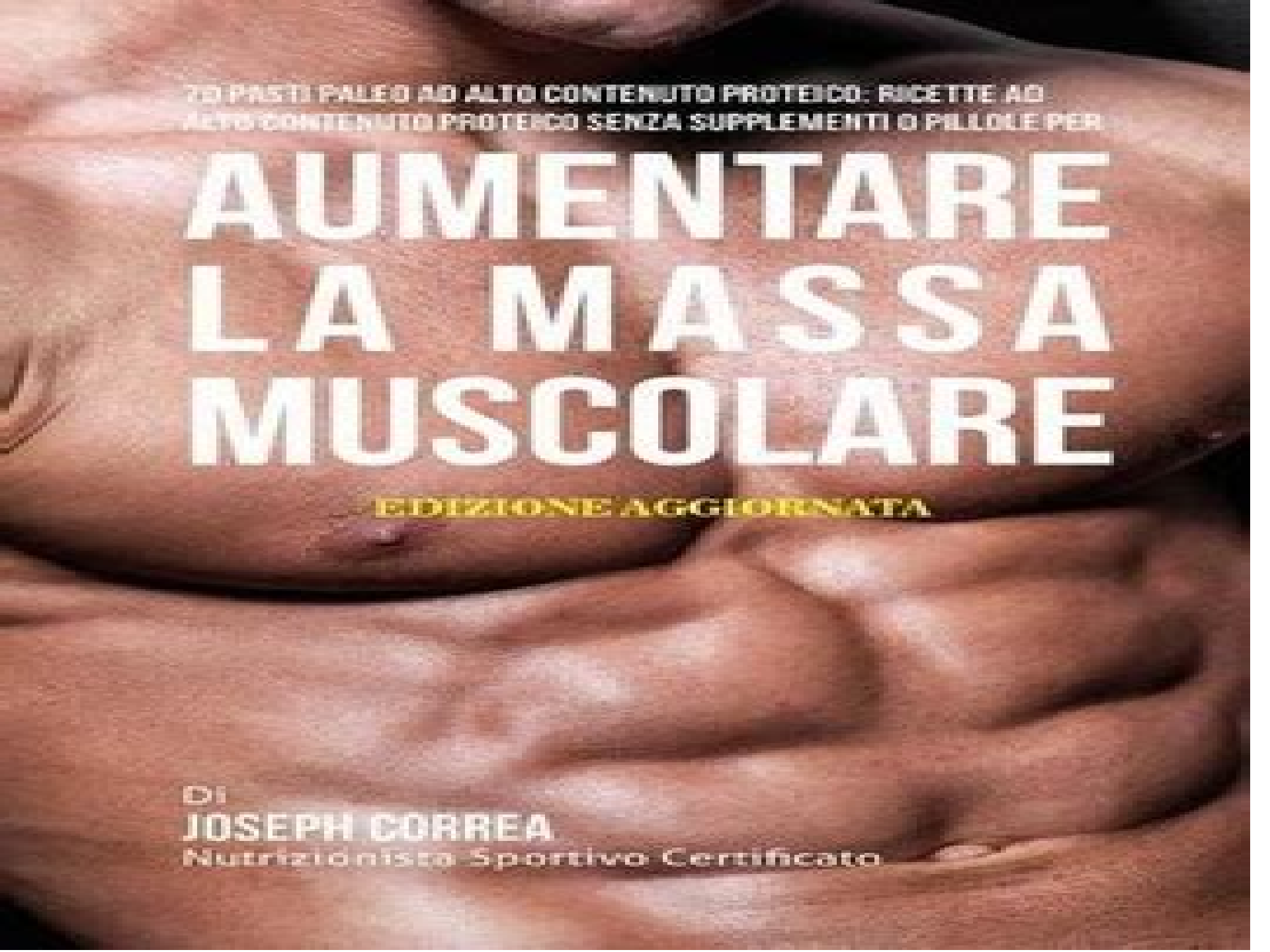




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EDIZIONE AGGIORNATA

DI

JOSEPH CORREA

Nutrizionista Sportivo Certificato

Pasti Paleo Alto Contenuto Proteico

Shortcut Edition



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RIEPILOGO - The Primal Blueprint / L'impronta primordiale : Riprogrammare i geni per una perdita di peso senza sforzo, una salute vibrante e un'energia senza limiti Di Mark Sisson Shortcut Edition, Leggendo questa sintesi scoprirete un modello comportamentale ispirato all'evoluzione intuitivo accessibile a tutti e basato su dieci leggi semplici e poco costose Scoprirete anche che potete controllare la vostra salute che avete gli strumenti per riprogrammare i vostri geni rimodellare il vostro fisico e godere di una vita lunga e sana come adattare il modello paleo ai vincoli della vostra vita quotidiana come diventare una macchina brucia grassi adattando la vostra dieta come ottimizzare il vostro programma di esercizio fisico come gestire lo stress attraverso il sonno e il gioco Il Modello Paleo si basa sullo stile di vita dei vostri lontani antenati che erano molto più sani di voi Infatti con la selezione naturale solo i più forti sopravvivevano Al contrario la longevità odierna è legata ai progressi della scienza che a uno stile di vita sano Tuttavia assumendo farmaci gli esseri umani ostacolano la loro capacità di autoguarigione Se in passato sopravvivevano i più forti oggi sono i sovrappeso e i pigri a sopravvivere Il modello paleo suggerisce di riprogrammare i geni come si faceva 10 000 anni fa per ritrovare la salute Siete pronti a dimenticare tutto ciò che avete imparato sulla salute e a tornare indietro nel tempo Fattore Keto: Scopri la Dieta Ketogenica e la Dieta Paleo, l'Omeopatia, i Rimedi Naturali, le Ricette e le Attività di Dimagrimento per Principianti Al Ghidini,2023-07-07 Perdi peso e raggiungi una salute assoluta con la dieta chetogenica brucia grassi e ottieni la forma ideale Scopri i segreti di una dieta efficace pianifica pasti deliziosi e scopri il potere della chetosi Trasforma il tuo corpo e godi di energia e benessere Rivoluziona il tuo stile di vita oggi stesso **FATTORE KETO SBLOCCA IL TUO POTENZIALE DI SALUTE E VITALITÀ** **70 Pasti Paleo Ad Alto Contenuto Proteico** Joseph Correa,2017-03-07 70 Pasti Paleo ad alto contenuto proteico Questi pasti contribuiranno ad aumentare il muscolo in maniera organizzata con l'aggiunta di grandi porzioni sane di Proteine alla tua dieta Essere troppo occupato a mangiare correttamente a volte può diventare un problema ed è per questo che questo libro ti farà risparmiare tempo e contribuirà a nutrire il tuo corpo per raggiungere gli obiettivi che desideri Assicurati di sapere cosa stai mangiando per preparartelo da solo o avere qualcuno che lo prepara per te Questo libro ti aiuterà a incrementare la muscolatura velocemente Avere più energia Mangiare con gusto Accelerare il tuo metabolismo in modo naturale per avere più muscoli Migliorare il tuo sistema digestivo Joseph Correa È un nutrizionista sportivo certificato ed un atleta professionista 70 Pasti Paleo Ad Alto Contenuto Proteico Correa (Nutrizionista Sportivo Certificato),Joseph Correa (Nutrizionista Sportivo Certificato),2018-01-13 70 Pasti Paleo ad alto contenuto proteico Questi pasti contribuiranno ad aumentare il muscolo in maniera organizzata con l'aggiunta di grandi porzioni sane di Proteine alla tua dieta Essere troppo occupato a mangiare correttamente a volte può diventare un problema ed è per questo che questo libro ti farà risparmiare tempo e contribuirà a nutrire il tuo corpo per raggiungere gli obiettivi che desideri Assicurati di sapere cosa stai mangiando per preparartelo da solo o avere qualcuno che lo prepara per te Questo libro ti aiuterà a incrementare la

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