

Michel
MONTIGNAC



Método Montignac Especial mujer

Adelgazar y prevenir el aumento
de peso en todas las edades

Nueva edición, completamente revisada

*"Montignac, el más famoso de los oráculos
del estar en forma" (El País)*

S A L  A

Metodo Montignac Especial Mujer Salsa

Michel Montignac



Metodo Montignac Especial Mujer Salsa:

El Método Montignac especial mujer Michel Montignac, 2007 Desde hace más de veinte años el método Montignac se ha convertido en un instrumento ineludible en el paisaje nutricional de los más de cuarenta países en los que se ha publicado con un éxito rotundo. Y ha demostrado también que era y es una alternativa particularmente efectiva a una dietética oficial hipocalórica e ineficaz. Numerosos estudios científicos así lo certifican. La mujer a lo largo de toda la vida pasa por una serie de etapas marcadamente distintas y que por ello deben tratarse de forma individual y única: la adolescencia, la maternidad, la menopausia y la tercera edad son momentos cruciales en los que el cuerpo de la mujer sufre una serie de cambios que gracias a unas correctas pautas de alimentación podemos ayudar a que sean más llevaderos. Michel Montignac propone en este nuevo libro consejos dirigidos específicamente a la mujer, pues este libro se dirige a todas aquellas que han creído que el adelgazamiento era más difícil para ellas que para los hombres cuando en realidad es sólo diferente. Además de toda una batería de medidas específicas que conviene seguir para tener o recuperar para siempre un peso normal y saludable, la lectora de este libro encontrará entre otros: Los mejores consejos nutricionales adaptados a las necesidades de cada mujer; necesidades específicas de vitaminas, minerales, etc.; Ejemplos de menús con fotografías a todo color; Recetas sencillas y sabrosas que presentan un índice glucémico bajo.

El método Montignac especial mujer ilustrado Michel Montignac, 2009-05 El manual más completo e ilustrado a todo color del célebre nutricionista francés con las dietas que mejor convienen a la mujer dependiendo de su edad. Dado que las necesidades de una adolescente y de una mujer en la menopausia no son las mismas, Michel Montignac propone en este práctico y completo manual un método para cada etapa de la vida de la mujer: adolescencia, maternidad, menopausia, tercera edad. Todo ello acompañado de recetas fáciles y sabrosas que nos ayudan a perder peso sin renunciar a nuestra salud. Michel Montignac fue el pionero a finales de los años ochenta en la introducción del concepto de índice glucémico en el campo del adelgazamiento. El método que ideó por entonces muy criticado en sus inicios por los nutricionistas más tradicionales, se ha ido imponiendo de manera progresiva en todo el mundo gracias a su eficacia y a los centenares de estudios científicos que lo avalan.

Comer, adelgazar y no volver a engordar Suzanne L. Swanson, Michel Montignac, 2011-05-03 En los albores del nuevo milenio las dietas norteamericanas con sabor mediterráneo como las de los doctores Atkinson y Agatston triunfan entre la población y arrasan en las listas de libros más vendidos. Conviene no recordar que esos best sellers que no dejan de tener el genuino sabor americano no han sido los primeros en llegar al gran público. Antes que ellos está el auténtico pope de las dietas saludables: MONTIGNAC. Michel Montignac ha transformado con sus libros los hábitos alimentarios de los españoles y su figura sigue sin tener parangón en todo el mundo. Convencido de la necesidad de mantener una alimentación equilibrada para conservar una buena salud física y psicológica, Comer, adelgazar y no volver a engordar es su gran contribución a favor de la racionalización de nuestra dieta en una sociedad cada vez más compleja en la que los ritmos horarios de trabajo y una alimentación mala y deficiente repercuten en nuestra salud y nuestro rendimiento.

Michel Montignac ha publicado también en Salsa Books *El aceite de oliva* Doscientas recetas mediterráneas y *El método Montignac especial mujer* 100 recetas y un menú Michel Montignac, 2007-11 Desde hace más de veinte años el método de adelgazamiento de Michel Montignac ha logrado lo que para muchos parecía un reto imposible comer adelgazar y no volver a engordar El revolucionario método Montignac se basa en una profunda pero a la vez sencilla transformación de los hábitos alimentarios además de hacer especial hincapié en los factores psicológicos relacionados con la alimentación El nutricionista de mayor reconocimiento mundial presenta en esta nueva obra más de 100 recetas y sabrosos menús fáciles de preparar ideados especialmente para todos aquellos que no disponen de tiempo para encerrarse en la cocina pero que a la vez no quieren renunciar a comer de forma sana y equilibrada Una obra imprescindible para luchar sabiamente contra los kilos de más A la salud por el vino Michel Montignac, 1998 **Doscientas recetas mediterráneas** Michel Montignac, 2009-01 El Aceite de oliva Michel Montignac, 2004 El método Montignac "especial mujer" Michel Montignac, 1995 **Carnes y aves que no engordan** Michel Montignac, 2010-06-02 El nutricionista de mayor reconocimiento mundial recopila en este libro 50 recetas de carnes y aves sabrosas y fáciles de preparar que siguen los principios de su exclusivo método de adelgazamiento y que te ayudarán a perder esos kilos de más sin perder un pice de humor y lo que es más importante sin poner en riesgo tu salud Así con este práctico libro podrás disfrutar sin preocuparte por si ganas peso de una exquisita paletilla de cordero al límite de unos deliciosos rollitos de escalope con jamón a la provenzal de un fantástico pato con olivas entre otras recetas buenas y fáciles de preparar Empieza a cuidarte ya mismo con el método Montignac las pautas de adelgazamiento efectivas y sencillas que desde hace más de veinte años han seguido más de 24 millones de personas en todo el mundo Más información sobre el autor y sus libros en www.montignac.com *Adelgazar con la ayuda de los complementos alimenticios* Michel Montignac, 2008-05 Guárdate a todo color que explica de forma detallada y accesible las características propias de multitud de alimentos y de componentes alimenticios que conforman la base del célebre método Montignac El nutricionista de mayor reconocimiento mundial presenta en esta nueva obra la descripción de los beneficios que aportan una gran variedad de alimentos de una forma sencilla pero bien documentada Se trata pues de una práctica obra con la que entenderemos que para perder peso no es necesario comer menos sino comer mejor *Postres que no engordan* Michel Montignac, 2008

Entrantes y ensaladas que no engordan Michel Montignac, 2008 El nutricionista de mayor reconocimiento mundial recopila en este libro 50 recetas de ensaladas y entrantes sabrosos y fáciles de preparar que siguen los principios de su exclusivo método de adelgazamiento y que te ayudarán a perder esos kilos de más sin perder un pice de humor y lo que es más importante sin poner en riesgo la salud Así con este práctico libro podrás disfrutar sin preocuparte por si ganas peso de una exquisita ensalada ni oírse de un delicioso pastel de legumbres de una crema de puerros sensacional de unas berenjenas rellenas espectaculares de una ensalada champiñones y mucho mucho más Empieza a cuidarte ya mismo con el método Montignac las pautas de adelgazamiento efectivas y sencillas que desde hace más de veinte años han seguido más de 24

millones de personas en todo el mundo **Descubre los índices glucémicos** Michel Montignac, 2011 Habiendo puesto las bases de una nueva filosofía alimentaria Michel Montignac sigue demostrando después de más de veinte años que la elección de los alimentos es determinante para mantenerse saludable Con unos simples cambios de hábitos alimentarios no solamente conseguiremos bajar los kilos de más sino que también evitaremos enfermedades metabólicas graves como la diabetes y las afecciones cardiovasculares El mismo Montignac nos demuestra que el factor energético no es determinante en el aumento de peso y que lo que realmente importa en este sentido es más la calidad del alimento que la cantidad de calorías que posee Para adelgazar no hay que comer menos sino comer mejor Si elegimos los alimentos según los efectos metabólicos que producen es decir confeccionando nuestra dieta a base de los glúcidos y grasas buenos nuestro cuerpo orientará la energía de cada comida hacia la quema y no hacia el almacenaje que provoca el temido aumento de peso Este libro nos muestra de una manera clara y sencilla los índices de glúcidos de cada alimento para que nos sea fácil elaborarnos nuestra propia dieta que nos mantendrá sanos y delgados sin pasar hambre *Pescados y mariscos que no engordan* Michel Montignac, 2010-06-02 El nutricionista de mayor reconocimiento mundial recopila en este libro 50 recetas de pescados y mariscos fáciles de preparar y absolutamente deliciosos que siguen los principios de su exclusivo método de adelgazamiento y que te ayudarán a perder esos kilos de más sin perder un pique de humor y lo que es más importante sin poner en riesgo tu salud Así con este práctico libro podrás disfrutar sin preocuparte por si ganas peso de un exquisito atún asado con panceta de unos deliciosos calamares a la provenzal de unas fantásticas cigalas a la griega o de unas maravillosas truchas con almendras que harán las delicias de todos los que se sienten a tu mesa y lo más importante de un modo fácil y con unos resultados excelentes sanos y sabrosos Empieza a cuidarte ya mismo con el mismo Montignac las pautas de adelgazamiento efectivas y sencillas que desde hace más de veinte años han seguido más de 24 millones de personas en todo el mundo Más información sobre el autor y sus libros en www.montignac.com

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