



Como Perdi 10kg em 2 Meses: Aplicando o Método DeRose (Portuguese Edition)

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Basta tirar da sua alimentação tudo o que você

já sabe que engorda:

Açúcar, refrigerantes e bebidas adoçadas

Gorduras (manteiga, óleos, azeites, frituras)

Queijos, creme de leite e demais laticínios

Farinhas (pães, biscoitos, massas)

Líquidos às refeições

Comer à noite

Bebidas alcoólicas

Carnes, nem pensar!

E aí sobra o quê?

Grãos (feijão, grão-de-bico, lentilha, ervilha etc.)

Raízes (batata, cenoura, beterraba, mandioca etc.)

Hortaliças (saladas ricas e condimentadas)

Legumes cozidos sem óleo, mas bem temperados

Muito tomate, palmito, champignon, cebola...

Sopas sem os ingredientes da primeira lista

Frutas à vontade

Muita água fora das refeições



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