



# Dieta com Whey Protein (Portuguese Edition)

*Georgia Bachi*

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## **Dieta com Whey Protein (Portuguese Edition) Georgia Bachi**

O Whey Protein – proteína do soro do leite – é hoje, provavelmente, o suplemento mais conhecido no mundo. Nesse livro você vai ver de maneira clara e concisa os seus benefícios, além de aprender receitas fáceis de serem usadas no seu dia a dia. Se você acha que o Whey Protein é destinado exclusivamente a atletas, vai se surpreender: agora você vai entender por que sua utilização deve ser feita por todos que buscam qualidade de vida, até mesmo crianças, gestantes e idosos.

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