



Dieta dos 17 Dias (Em Portugues do Brasil)

Mike Moreno

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Se voce quer emagrecer depressa e de forma duradoura, este livro e o estimulo que faltava para chegar la.

A Dieta dos 17 Dias apresenta um programa simples que tem como objetivo a perda de peso rapida e saudavel. Ela acelera o metabolismo e melhora a digestao e a eliminacao de toxinas por meio da ingestao de alimentos-chave e da pratica de 17 minutos de exercicios leves por dia.

O Dr. Mike Moreno, clinico geral e medico de familia, tracou um plano realista que qualquer pessoa pode seguir, seja para perder 5 ou 50 quilos.

O programa se divide em quatro ciclos de 17 dias cada um. Os tres primeiros se concentram na perda de peso e o ultimo e o ciclo de vida saudavel que voce deve manter para nao voltar a engordar. Em cada ciclo, sao acrescentados novos alimentos, de modo a nunca deixar que o organismo se acostume nem permitir que o ponteiro da balanca fique estagnado.

Para cada dia dos tres primeiros ciclos o Dr. Mike elaborou um cardapio apropriado, que inclui cinco refeicoes. No quarto ciclo, voce relaxa no fim de semana fazendo ate tres refeicoes fora da dieta.

O foco esta nas proteinas magras, nos vegetais purificadores, nos carboidratos naturais, nas gorduras beneficas e nos probioticos. Voce nao precisa elaborar pratos complicados nem comprar itens caros. E, para mante-lo motivado, a dieta proporciona uma perda de peso significativa ja nos primeiros 17 dias.

Alem disso, este livro inclui:

- Cardapios especiais para quem sofre de TPM, para as pessoas que trabalham em turnos alternativos, para as que viajam muito e para quem come fora
- Receitas superpraticas e deliciosas
- Listas simples de alimentos permitidos e flexibilidade para ajustes

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