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Dieta à Sua Medida Da Direita à Esquerda “Il” Diavoletto A dieta dos 31 dias La dieta de los 31 días Las reglas de oro de la dieta de los 31 días : coma de todo sin privarse de nada Maria João Ibárrico Nogueira ANTÓNIO ARAÚJO Tito Dellaberrenga Agata Roquette Agata Roquette Agata Roquette

Dieta à Sua Medida Da Direita à Esquerda “Il” Diavoletto A dieta dos 31 dias La dieta de los 31 días Las reglas de oro de la dieta de los 31 días : coma de todo sin privarse de nada *Maria João Ibárrico Nogueira ANTÓNIO ARAÚJO Tito Dellaberrenga Agata Roquette Agata Roquette Agata Roquette*

uma abordagem inovadora com personalização da dieta consoante as necessidades e os objetivos procura neste livro mais uma dieta milagrosa com um slogan perca 10kg em 10 dias sem esforço pois bem se é esse o caso esta não é a sua dieta pois o que procura não existe há vários anos a trabalhar em clínica privada a nutricionista maria joão ibárrico nogueira sabe que a única dieta que funciona é aquela que as pessoas conseguem cumprir dieta à sua medida oferece 4 registos alimentares diferentes para alternar durante 1 mês dieta vegetariana dieta sem lactose e sem glúten dieta hiperproteica dieta mediterrânica através desta experiência você vai descobrir qual a dieta perfeita para o seu corpo ou se o melhor é uma combinação de registos alimentares diferentes porque o mais difícil não é comer uma dieta é mantê-la durante o tempo necessário para atingir os seus objetivos e depois de os atingir é preciso saber manter o peso ideal para facilitar o seu trabalho a autora sugere receitas semanais simples e saborosas que garantem que a alimentação vai continuar a ser um dos grandes prazeres da vida

cultura e sociedade em portugal dos anos 80 à actualidade começando por retratar a cultura de direita portuguesa dos anos 80 aos nossos dias o autor debruça-se sobre os grandes pontos de clivagem que pelo menos à superfície continuam a dividir as culturas de esquerda e de direita em portugal percorrendo diversas tendências contemporâneas como a proliferação do lifestyle e do trendy a revisitação light do salazarismo os livros de auto ajuda e outras taras actuais a sociedade portuguesa é apresentada como adversa a extremismos realçando-se as muitas afinidades ocultas entre direita e esquerda mais numerosas e profundas do que costumamos julgar

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