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Carmen Albo

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Este libro de recetas proteicas te resultará de gran ayuda para adelgazar de forma rápida, fácil y sin morir de aburrimiento. En él se recogen mis **85 mejores recetas** para una dieta rica en proteínas, esa dieta que a tantas y tantas personas nos ha hecho adelgazar con un enorme éxito en todo el mundo. Puedo asegurarte que todas las recetas que se recogen en este libro las he cocinado, fotografiado y, lo que es aún más importante, probado en mis propias carnes, y nunca mejor dicho.

Además, he procurado que estos platos sean como me gustan a mí las cosas y las personas: ¡sencillas y divertidas! Porque la vida ya es suficientemente complicada y la recorreremos con demasiadas prisas.

Así, tras un proceso empírico personal y bastante particular, puedo afirmar que las recetas de dieta proteica de este libro son las que me han hecho adelgazar con rapidez y de forma divertida. Por eso estoy segura de que a ti también te ayudarán de la misma manera.

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