



## Recetas antiaging:gastronomía y ciencia

By Sanchez, Manuel

SALSA BOOKS, 2012. Condition: Nuevo. No se pierda este libro de cocina ni los consejos médicos que lo acompañan. Todas las recetas son de ejecución fácil y están técnicamente bien detalladas. Encontrará una lista de productos de temporada en forma de calendario de alimentos frescos para afrontar la vida con una alimentación saludable, sabrosa, agradable y con valores antiaging.«El secreto de la gastronomía antiaging es utilizar los productos de proximidad y de temporada elaborados según las costumbres de cada región. Disfrute de forma sana de las recetas de nuestros abuelos cocinadas con las técnicas más vanguardistas». Dr. Manuel Sánchez Director del servicio Antiaging de la Clínica Planas«Nosotros ponemos la parte cocinada, nos inspiramos en los productos de temporada y aportamos nuestro estilo culinario, que defiende los productos de proximidad, que practica un respeto máximo en la manipulación y cocción de los ingredientes, con el objetivo de que el resultado final, en la mesa, sea atractivo, aromático, sabroso, equilibrado, divertido y gastronómicamente muy placentero». Carne Ruscalleda Chef del restaurante Sant Pau i Raúl Balam Chef del restaurante MomentsNo se pierda este libro de cocina ni los consejos médicos que lo acompañan.No se pierda este libro de cocina ni los consejos médicos...



**READ ONLINE**  
[ 1.46 MB ]

### Reviews

*This publication is very gripping and intriguing. It is among the most awesome book we have go through. You can expect to like how the author compose this book.*

**-- Dr. Malika Bechtelar II**

*This ebook might be worthy of a read, and superior to other. It usually does not charge an excessive amount of. Once you begin to read the book, it is extremely difficult to leave it before concluding.*

**-- Arch Upton**

## You May Also Like



### [A Dog of Flanders: Unabridged; In Easy-to-Read Type \(Dover Children's Thrift Classics\)](#)

Dover Publications, 2011. Paperback. Book Condition: New. No Jacket. New paperback book copy of A Dog of Flanders by Ouida (Marie Louise de la Ramee). Unabridged in easy to read type. Dover Children's Thrift Classic. Reprint of original edition. Green edition. Mineola...



### [9787538264517 network music roar\(Chinese Edition\)](#)

paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment.Paperback. Pub Date :2003-01-01 Pages: 273 Publisher: Liaoning Education Press title: music network roar List Price: 20.00 yuan Author: Alderman (U.S.)...



### [Sarah's New World: The Mayflower Adventure 1620 \(Sisters in Time Series 1\)](#)

Barbour Publishing, Inc., 2004. Paperback. Book Condition: New. No Jacket. New paperback book copy of Sarah's New World: The Mayflower Adventure 1620 by Colleen L. Reece. Sisters in Time Series book 1. Christian stories for girls. Sisters in Time Series. Age 8-12,...



### [Meg Follows a Dream: The Fight for Freedom 1844 \(Sisters in Time Series 11\)](#)

Barbour Publishing, Inc., 2004. Paperback. Book Condition: New. No Jacket. New paperback book copy of Meg Follows a Dream: The Fight for Freedom 1844 by Norma Jean Lutz. Sisters in Time series book 11. Christian stories for girls. Sisters in Time Series...



### [400+ Funny Jokes: Funny Jokes for Kids](#)

Createspace, United States, 2015. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.400+ Funny Jokes for Kids!Are you looking for a fun book to keep the kids entertained and happy? This funny...



### [Daycare Seen Through a Teacher s Eyes: A Guide for Teachers and Parents](#)

America Star Books, United States, 2010. Paperback. Book Condition: New. 224 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Between the good mornings and the good nights it s what happens during the day I want the...