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Pasti da 600 calorie: le ricette pi ù gustose per pranzo e cena Ecco degli esempi di men ù e ricette per realizzare semplici pasti da 600 calorie, dalla colazione, al pranzo alla cena.

Pasti da 600 calorie: le ricette pi ù gustose per pranzo e ...

La primavera è dietro l'angolo, ed è arrivato il momento di alleggerire i tuoi pasti con queste cene salutari da meno di 500 calorie... 1. Involtini di Tacchino, Lattuga e Zenzero 285 kcal Ispirandoti a un popolare dim sum (un antipasto) asiatico, puoi riscoprire l'emozione di giocare col cibo quando prepari questi involtini di tacchino, [...]

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Mangiare sano e leggero non vuol dire rinunciare a gusto e varietà. Se stai seguendo la dieta Melarossa, sai bene che con un po' di fantasia in cucina e con la giusta attenzione a ingredienti e condimenti, puoi creare dei menù quotidiani che soddisfino il palato senza attentati alla linea. Le ricette di Melarossa con meno di 300 calorie. Per aiutarti abbiamo pensato di proporti 15 ricette ...

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