

# Leggi Ebooks Cucina: Risparmiare A Tavola Silvia Martini PDF, EPUB, Mobi



**Leggi ebooks Cucina: risparmiare a tavola Silvia Martini PDF, EPUB, mobi**, Adottando uno stile di vita più sano, e un nuovo modo di rapportarsi con gli acquisti, in cucina sono possibili grandi risparmi, senza rinunciare al gusto! Oltre a illustrare i segreti per rendere più appetitosa la tavola, evitando sprechi e utilizzando gli avanzi; oltre a insegnare a conservare al meglio gli alimenti e a fornire al lettore un'ampia scelta di ricette, questo volume è una vera e propria guida agli acquisti. Sono infatti presi in esame tutti i canali di vendita tradizionali e alternativi (dai Farmer's market ai GAS, dai Gruppi di acquisto spontanei alla Grande distribuzione). Riempire il carrello senza svuotare il portafoglio si può!

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