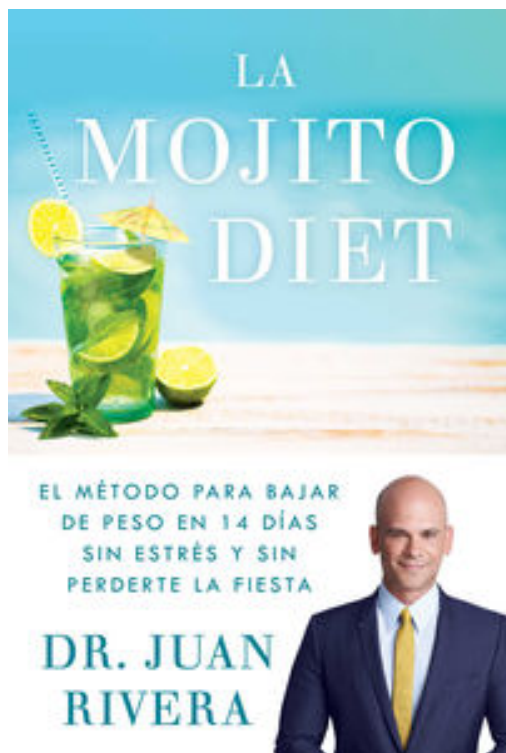


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Al Dr. Juan Rivera le han dado todas las excusas: “No puedo dejar mis antojitos y gustazos”. “No soporto las punzadas de hambre”. “¡Vivimos en Miami, por el amor de Dios! ¡No me pida que sacrifique a mis mojitos!” Después de muchas de estas conversaciones, el Dr. Juan creó La Mojito Diet.

Diseñado para ayudarte a ver resultados duraderos en tan solo 14 días, *La Mojito Diet* combina en dos pasos sencillos los mejores consejos disponibles sobre la pérdida de peso

—reducir el consumo de carbohidratos e incorporar el ayuno intermitente— en este plan único y efectivo para quemar grasa y mejorar tu salud del corazón sin darte la ansiedad por comer carbohidratos o sentirte con hambre.

Incluyendo motivadores consejos, inspiradores testimonios de éxito, 75 deliciosas recetas con sabor latino y un plan de alimentación, *La Mojito Diet* te brinda las herramientas que necesitas para poder transformar tu salud y fácilmente conservar tu peso ideal con gusto.

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