



# Ricette a prova di single: 1 (Life style) (Italian Edition)

*Roberto Piadena*

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## **Ricette a prova di single: 1 (Life style) (Italian Edition)** Roberto Piadena

Coccole, coccole e ancora coccole. Questa volta in cucina. Chi l'ha detto che la dispensa del single é una terra desolata? Piatti precotti e pronti da mettere nel microonde addio. I tempi sono cambiati! Oggi il single, a differenza che in passato, è nella maggior parte dei casi un professionista affermato e consapevole che il benessere passa anche attraverso del buon cibo. Una donna o un uomo capace di godere dell'esistenza in tutte le sue angolazioni e che interpreta in modo sicuro e del tutto personale anche l'aspetto del mangiare. L'importante è che sia vissuto come momento di assoluto relax. Una vita frenetica divisa tra mille impegni (e chi oggi non ne è travolto?) non vuol dire, infatti, tralasciare per forza i piaceri della quotidianità, anzi.

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