



Low-Carb (Collection): Low Carb Cuisine: Recettes pauvres en glucides: D

By Aluin Bonfils

CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 106 pages. Dimensions: 8.0in. x 5.0in. x 0.2in. Partie 1 Low Carb Cuisine: délicieuses recettes faibles en glucides. Toutes les recettes avec l'instruction détaillée. Les régimes low carb ont plus de 100 ans. Et ils sont la Rolls des régimes ! Low carb signifie pauvre en glucides. Les régimes low carb consistent donc à diminuer fortement non seulement le sucre mais aussi les pommes de terre, le pain, les pâtes, le riz et les produits céréaliers. Leurs avantages : perte de poids rapide, pas de sensation de faim, pas besoin de compter les calories. L'envie de sucre disparaît au bout de quelques semaines, on se sent bien, on a plus d'énergie. Dites adieu à cette graisse du ventre ! Prenez-vous une copie de ce livre dès aujourd'hui ! ---- Partie 2 Comprend des recettes low-carb qui vous permettent de faire des repas appétissants et de perdre du poids au même temps. Vous allez impressionner vos amis et votre famille avec ces plats. Vous êtes invités à découvrir ce livre de recettes Low-Carb. Que signifie le régime Low-Carb ? Il s'agit d'un régime faible en glucides...



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