

Download La Méthode Flexitarienne Romantic And Loving Novel Franck Gigon & Damien Galtier Lire Livres PDF



Download or Read Online La Méthode flexitarienne Franck Gigon & Damien Galtier Free eBook PDF/ePub/Mobi/Mp3/Txt, Qu'est-ce que le flexitarien ? C'est tout simplement quelqu'un qui décide de manger plus sain : davantage de fruits et de légumes, mais sans arrêter complètement la viande.

Mieux que le régime méditerranéen et le régime Okinawa : écologique, bon pour la santé, économique, plus souple que le végétarisme, antiâge, le régime flexitarien présente beaucoup d'avantages et, en plus, favorise la perte de poids. Moins de viande et... on ne regrossit pas !

Cette méthode à succès venue des États-Unis fait enfin son entrée en France et avec elle, l'adjectif « flexitarien » entre dans le langage courant, pour une approche dans l'air du temps qui plaît à la presse.

Ce livre, écrit par un médecin et un diététicien, est le premier mode d'emploi français de la méthode. Vous découvrirez quel type de flexitarien vous êtes, les meilleurs aliments flexi à consommer et comment suivre ce régime pendant 4 semaines type. Sans oublier les 100 recettes : rillettes de champignons, courges en tranche à l'italienne, velouté de patates douces au fenouil, tomates farcies, clafoutis aux framboises...

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