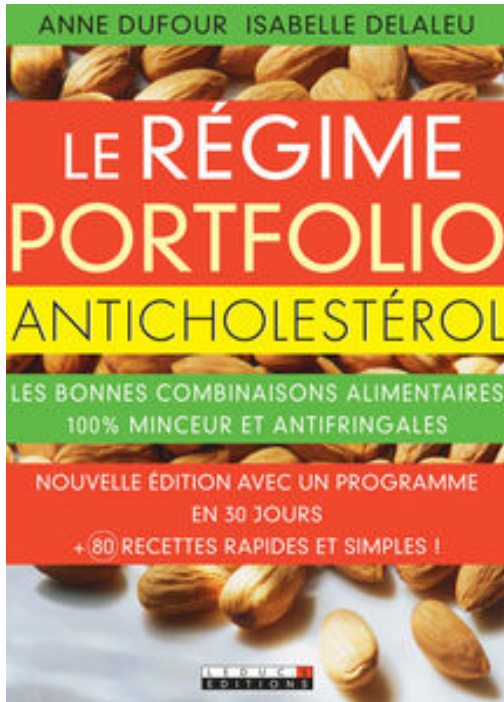


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Anticholestérol Romantic And Loving Novel

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Perdre du poids en évitant les fringales ?

Rester mince toute votre vie en adoptant une fois pour toutes les bonnes habitudes alimentaires ?

Basé sur les recherches les plus récentes, le régime Portfolio est le plus efficace et le plus intelligent au monde pour diminuer le taux de cholestérol et protéger son cœur. Résultats ? Époustouffants... Ses secrets ? Les « superfibres » et les antioxydants, mais aussi les « bons » gras, antifringales et antikilos !

Découvrez tous les bienfaits de ce régime révolutionnaire scientifiquement prouvé, avec les meilleurs aliments minceur anticholestérol : agar-agar, amande, cannelle, haricot sec, pamplemousse, poulet, et bien d'autres encore.

AVEC UN PROGRAMME COMPLET EN 30 JOURS (MENUS ET LISTES DE COURSES, EXERCICE PHYSIQUE, VOTRE BILAN HEBDO, ETC.) + 80 RECETTES GOURMANDES ET FACILES POUR ADOPTER UNE NOUVELLE MANIÈRE DE VIVRE, PLUS SAINTE, PLUS VITAMINÉE !

« Portfolio n'est pas un énième régime. C'est une véritable alimentation santé qui protège le cœur, en éliminant naturellement les kilos superflus. » Top Santé

Des aliments riches en fibres, en antioxydants et des « bons » gras...
Avec 80 recettes et menus pour un cœur fort

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