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Des recettes délicieuses et des conseils faciles à suivre pour adopter le régime IG bas.

Grâce aux aliments à faible indice glycémique, le régime IG bas est synonyme de vitalité au quotidien et de perte de poids durable, sans faim ni frustration.

Conçu comme une véritable ligne de conduite nutritionnelle avec l'objectif de s'inscrire dans la durée, le régime IG bas permet de rester mince et en bonne santé. L'essayer c'est l'adopter !

Les ches techniques de cet ouvrage vous donneront toutes les clés pour vous y mettre.

Suivez les recettes proposées et composez des repas équilibrés et pleins de saveurs : Buddha bowl aux crevettes, Roulé de poulet aux tomates et basilic, Tarte spirale aux légumes, Mousse aux framboises, Pancakes...

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