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- 70 recettes, simples et accessibles, élaborées avec les conseils d'un coach sportif, pour apprendre à composer des plats complets et équilibrés quand on est sportif
- des photos pour toutes les recettes
- des idées pour garder une alimentation saine avant, pendant ou après l'effort, mettant en scène des ingrédients variés et faciles à préparer
- des focus sur la nutrition et les bienfaits des aliments utilisés dans les recettes, adaptés aux exigences de la pratique du fitness et de la muscu
- une foire aux questions pour savoir comment : équilibrer sa balance calorique, apprécier la qualité des aliments (macronutriments et micronutriments), bien manger tout simplement, composer une journée type...
- un placard idéal pour toujours avoir les produits indispensables sous la main
- un mémo de tous les bons réflexes au quotidien, complété d'un tableau des index glycémiques pour référence et des menus types sur une semaine

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