

Download Mon Programme Cétogène Romantic And Loving Novel Corinne Dewandre Lire Livres PDF



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Pour éviter l'écueil de trop manger de viande, ce programme spécialement composé de délicieuses recettes végétariennes favorise les bonnes graisses et permet de faire le plein en fibres et en vitamines.

Deux heures en cuisine vous permettront de préparer les menus de la semaine.

Retrouvez, pour chaque saison, une semaine-type avec :

- 1 liste de courses complète classée par rayons
- Le menu de la semaine avec le calcul des macros nutriments
- Le déroulé des préparations à réaliser le dimanche
- Les consignes du jour même pour la cuisson de dernière minute

Ne craquez plus sur le paquet de biscuits en rentrant du travail, un savoureux repas céto vous attend chaque soir !

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