



Low Carb: Des recettes d

By Adelisa Gagnier

CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 48 pages. Dimensions: 8.0in. x 5.0in. x 0.1in. Cherchez-vous de délicieuses recettes low-carb pour perdre poids Ce livre très simple comprend des recettes low-carb qui vous permettent de faire des repas appétissants et de perdre poids au même temps. Vous allez impressionner vos amis et votre famille avec ces plats. Vos problèmes sont résolus - recettes faciles, pas pas Si vous avez fait la recherche d'un livre de régime faible en glucides pour vous aider suivre un régime, alors c'est le livre parfait pour vous. Une des causes les plus courantes de gain de poids est la trop grande consommation de glucides; En suivant un régime sain, faible en glucides, vous pouvez perdre ces livres en trop. Aujourd'hui, ce livre de recettes Low-Carb s'invite votre table et s'approprie d'évolutionner votre santé et votre bien-être! Le régime Low-Carb présente de nombreux et impressionnants avantages: Moins de graisses dans le corps: Le régime Low-Carb est riche en protéines et ne permet pas aux graisses de se stocker. Voie intestinale plus saine: Un régime Low-Carb régulier renforce vos intestins. Vitamines et minéraux: Le régime Low-Carb est riche en vitamines et minéraux;...



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