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Martine Fallon



Bombe Énergétique De Martine Fallon Recettes Gourmandes Pour Devenir Une Bombe Énergétique

Bombe Énergétique de Martine Fallon Martine Fallon, 2015-01-20 100 recettes gourmandes pour redevenir une bombe ou le rester si on l'est déjà Agriculture polluée alimentation virtuelle stress oxydatif planète en danger pandémies d'obésité d'intestins en panne et de dépressions tout cela justifie tout il que l'on doit se laisser aller Il est temps de se poser la question de garantir son bien-être personnel et de opter pour un choix de société tourné vers la vie Une mise au point parfois coup de poing un tour des lieux lucide mais toujours abordé avec humour ce nouveau petit livre rouge nous parle sur les enjeux de la malbouffe et nous propose une révolution alimentaire accessible tous et terriblement gourmande Des solutions et des recettes pratiques faciles et délicieuses qui nous transforment en véritables bombes énergétiques de couvrir dans ce livre les jus et boissons qui donnent du pepsi des recettes pour les desserts et collations les céréales et légumineuses les légumes les protéines de la mer et pas de la mer les sauces et salsas les mûrages de pâtes les cures de tox La cuisine de l'énergie une philosophie de vie Découverte dans un contexte d'abondance et de plaisir la Cuisine de l'Énergie valorise les meilleurs ingrédients ceux qui luttent contre l'oxydation les combinaisons et les méthodes de cuisson optimales Mis au point par Martine Fallon ces trucs astuces et recettes ne se ressemblent pas un régime il s'agit ici et maintenant d'une autre manière d'aborder son alimentation basée sur l'énergie anti-âge anti kilos anti-dépense À la clé promesse de l'enfer et teint superbe affinement progressif du corps et mental d'acier amélioration de la concentration de l'humeur et de la libido meilleure immunité et ralentissement du vieillissement

Ma Cuisine Énergie Martine Fallon, 2014-11-27 100 recettes gourmandes pour devenir beau grand fort dr le mince jeune intelligent audacieux ou le rester si on l'est déjà Ma cuisine énergie de Martine Fallon est une cuisine ludique et savoureuse basée sur une alimentation équilibrée non transformée adaptée nos besoins regorgeant de nutriments essentiels de légumes oubliés et d'aliments tonnants Elle propose des associations alimentaires réfléchies une préparation facile et des modes de cuisson qui respectent la nature des aliments Des recettes pour retrouver la forme et la vitalité dans le plaisir et sans privation À la clé promesse de l'enfer et teint superbe affinement progressif du corps et mental d'acier amélioration de la concentration de l'humeur et de la libido meilleure immunité et ralentissement du vieillissement Martine Fallon partage dans ce livre les principes clés de sa cuisine de l'énergie une cuisine anti-âge anti kilos et surtout anti-dépense Une cuisine révolutionnaire pleine de vitalité pour être bien dans son corps de couvrir dans ce livre des recettes pour les petits déjeuners desserts et collations les potages crèmes et veloutés les sauces coulis mayos et vinaigrettes base de légumes les légumes en hors d'œuvre en entrée ou en accompagnement les céréales et légumineuses les protéines animales en entrées ou en plat les joies du déshydrateur les mûrages de pâtes La cuisine de l'énergie une philosophie de vie Découverte dans un contexte d'abondance et de plaisir la Cuisine de l'Énergie valorise les meilleurs ingrédients ceux qui luttent contre l'oxydation les combinaisons et les méthodes de cuisson optimales Mis au point par Martine Fallon ces trucs astuces et recettes ne se ressemblent pas un régime il s'agit ici et maintenant d'une autre manière d'aborder son alimentation basée sur l'énergie anti-âge anti kilos anti-dépense À la

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