

## Regime Cetogene: 50 Delicieuses Recettes Pour Perdre Du Poids Rapidement - Petit Dejeuner (Paperback)



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### **Reviews**

*This book is definitely not straightforward to get started on studying but extremely exciting to read. It is really simplistic but shocks in the 50 percent of the ebook. Once you begin to read the book, it is extremely difficult to leave it before concluding.*  
*(Ally Reichel)*

## REGIME CETOGENE: 50 DELICIEUSES RECETTES POUR PERDRE DU POIDS RAPIDEMENT - PETIT DEJEUNER (PAPERBACK)



Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: French . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Savez-vous que vous pouvez sentir plus d energie, perdre de la graisse et devenir plus sain en mangeant un regime riche en graisses et faible en glucides? Ce livre de cuisine facile a utiliser vous guidera etape par etape ce que vous devez faire pour lancer votre dependance au glucose aujourd hui et commencer un regime cetogene. Ce livre est un must pour tous ceux qui cherchent a obtenir des avantages pour la sante de la cetose, la stabilisation de l insuline et des tonnes d energie! Voici un apercu de ce que vous decouvrirez dans ce livre: 1. 50 delicieuses et savoureuses recettes cetogenes pour le petit dejeuner accompagnees de magnifiques photos 2. Comment perdre du poids facilement et rester en bonne sante 3. Comment fonctionne le regime cetogene 4. Quels sont les avantages de ce regime 5. Les differents Types de regimes de Keto 6. Une Comparaison des regimes: Keto vs Paleo vs Atkins 7. Que manger et quoi eviter 8. Liste de course qui vous facilitera la vie! Afin d atteindre votre objectif de perte de poids vous devez d abord creer un plan et vous debarrasser des mauvaises habitudes qui vous empechent d atteindre constamment vos objectifs. Le premier livre de la serie de livres de cuisine cetogene propose 50 recettes de petit dejeuners cetogenes nutritifs et sains pour un debut de journee parfaitement planifie. Les recettes dans ce livre de cuisine sont concus pour suivre un plan de nutrition riche en proteines et en graisses afin de rendre ce regime efficace pour vous. Il n y a pas de secrets ou d ingredients magiques. Les recettes sont basees sur des ingredients simples et bons pour la sante....



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