

Read Le Journal D'une Ex-grosse Le Livre En Ligne PDF EPUB Mobi- Anna Austruy



Read Le journal d'une ex-grosse Anna Austruy le livre en ligne PDF EPUB mobi, Ce livre plein d'humour est composé de 100 points (conseils, recettes, coaching...) répartis en 4 parties :

1) Le B.A.-BA du régime. Découvrez les conseils de base pour réussir sa perte de poids, et surtout consolider ses acquis ! Se fixer un objectif, éviter les régimes miracle, équilibrer son assiette, faire du sport, se motiver au quotidien...

2) Un régime sans famille ? Testez toutes les recettes d'Anna, pour toutes les occasions, afin de concilier régime, vie professionnelle et vie de famille : soupes, salades, légumes, pâtes, sandwichs, oeufs, desserts...

3) Les tentations à maîtriser. Suivez le coaching d'Anna pour résister (ou céder de façon mesurée) aux nombreuses tentations du quotidien : la pause-café, les apéritifs entre amis, les grignotages devant la télévision, le petit creux de

l'après-midi...

4) Carnet pratique d'une cuisinière avertie. Comment bien faire ses courses, choisir les produits pour le placard et le congélateur, et d'autres nombreuses astuces d'Anna pour cuisiner malin.

Un livre drôle et plein d'astuces pour maigrir sans souffrir.

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