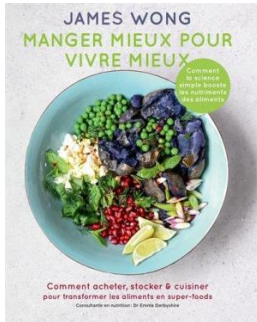


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MANGER MIEUX POUR VIVRE MIEUX



HACHETTE PRATIQUE, 2017. Paperback. Condition: NEUF. Entre la diabolisation du (au choix) gluten/sucre/lait/gras, la pression de toujours manger sain et équilibré, la ruée sur les ingrédients miracles qui changent toutes les semaines, il est devenu, pour beaucoup d'entre nous, compliqué - voire anxiogène - de faire nos courses. Que faut-il acheter pour manger mieux et donc vivre mieux ? Ce guide, établi à partir des dernières recherches scientifiques, propose de fabriquer vous-même des produits de base beaucoup plus sains (et plus savoureux), simplement en changeant la façon...

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- Authored by Wong, James
- Released at 2017



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