



16 Recettes minceur pour les paresseuses



Les Recettes Eacuterotiques Des Paresseuses Cuisine

XXX,Rosa Jackson



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Les Recettes Minceur des paresseuses Marie Belouze-Storm, 2008-03-12 Des recettes minceur et gourmandes vous n'y croyez pas Se r galer de bons petits plats sans prendre un gramme B voyons Vous en connaissez beaucoup des minces qui s'empiffrent Vous vous demandez s'il ne va pas falloir trimer aux fourneaux vous tuer la t che devenir esclave de vos casseroles bref bosser comme une dingue sur des recettes d'une autre plan te aux ingr dients venus d'on ne sait o pour m riter cette ligne de sylphide dont vous r vez Que vous soyez de celles qui ont envie de devenir minces ou de celles qui veinardes ont envie de le rester jamais Les Recettes Minceur des paresseuses vous donnent le moyen de r parer cette injustice flagrante et vous propose de concilier bonne bouffe et taille de gu pe Il va falloir a revoir quelque petit Il va falloir revoir quelques petites choses certes mais bonne nouvelle la victoire est votre port e Il est d sormais permis de se faire plaisir sans s arrondir de se r galer sans culpabilit et m me de devenir un chef sans trop se fatiguer

La boîte à recettes des paresseuses XXX, Rosa Jackson, 2009-11-04 60 fiches de cuisine Avec 60 recettes d licieuses et inratables des id es de variantes et des trucs de paresseuses qui changent tout 20 fiches personnaliser pour noter le clafoutis de Mamie le gratin de M man la sangria de Sophie Des intercalaires color s pour classer les recettes par ordre alphab tique et s y retrouver en deux coups de cuill re pot Le tout illustr par Soledad dans une jolie bo te laisser tra ner dans a cuisine et ouvrir d s que l envie de cuisiner vous prend

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