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Diete - Carti ieftine librerie online

M?nânc s?n?tos ?i r?mân tân?r, un volum scris de nutri?ionistul francez Michel Montignac, Editura Litera, cel care a dat numele faimoasei diete Montignac – este o carte adresat? mai degrab? celor familiariza?i cu no?iunile de baz? în ce prive?te alimenta?ia corect?, îns? î?i doresc mai mult decât atât, î?i doresc aportul optim de vitamine ?i minerale din ...

Cele mai bune cinci c?r?i despre o ... - Filme si carti

In cartea Keep it Vegan a lui Aine Carlin veti gasi peste 100 de astfel de retete vegane gustoase. In carte veti gasi retete simple si sanatoase pentru micul dejun, pranz, ocazii speciale, sosuri si dulciuri. Aine Carlin este un blogger culinar cunoscut, originara din Derry-Irlanda de Nord. Dieta vegana este ideala pentru o stare de sanatate buna.

5 Carti de bucate cu retete sanatoase. Descopera-le!

Pag. 5 - terapii (diete) prin alimentatie. Co?ul dvs este gol. Contul meu

Terapii/Diete - Carti Minunate - 5

30 de carti celebre de citit intr-o viata recomandate de echipa 1cartepesaptamana.ro MAITREYI de Mircea Eliade "Maitreyi" este o carte deosebit?, o carte frumoas? a c?rei lectur? te transport? pe t?râmurile indep?rtate ale Indiei, într-un ?inut plin de tradi?ie ?i obiceiuri.

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TOP 5 carti recomandate pentru persoanele care vor sa inceapa o dieta: Maine voi fi slaba! Psihologia dietelor (Sara Gilbert) Cum sa slabesti peste noapte (Dr. Louis J. Aronne si Dr. Caroline Apovian) De ce ne este foame? (Deepak Chopra si Leonard Mlodinow) Dieta de 2 zile (Dr. Michelle Harvie si Prof. Tony Howell) De ce te ingrasi.

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Totodata, carbohidratii nu trebuie sa depaseasca 50% din totalul caloriilor consumate pe zi, proteinele trebuie sa fie 15-20% din totalul zilnic. De asemenea, trebuie sa consumati cel putin 4 portii de legume si fructe crude in fiecare zi, dar si aproximativ 20 g fibre pe zi.

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Studiul China – Carte de bucate Peste 120 de re?ete de preparate integrale, pe baz? de legume ?i fructe

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