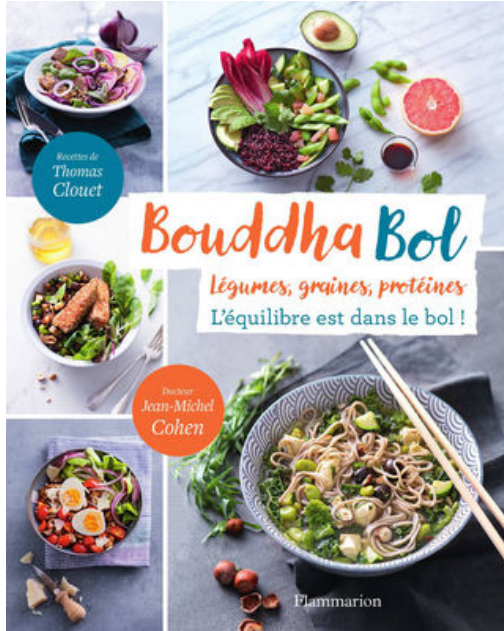


Télécharger Livres Gratuit Bouddha Bol (PDF | ePub | Mobi) Jean-Michel Cohen & Thomas Clouet download-free



Lors d'un séjour aux États-Unis, Jean-Michel Cohen découvre le buddha bowl et est séduit par ce plat tout-en-un réunissant légumes-céréales-légumineuses et oléagineux. Un plat facile à réaliser, créatif à souhait, consistant et bon pour la santé. On met ce qu'on veut dans un bo(w)l : des protéines (végétales, animales), des féculents, du fromage, de la salade, des fruits... du cru, du cuit... du salé, du sucré, respectez les portions et faites-vous plaisir! Jean-Michel Cohen a confié à Thomas Clouet la réalisation de 80 recettes faciles à préparer au quotidien, toutes adoubees, proportionnées et conseillées donc par le spécialiste de la nutrition. Allez-y les yeux fermés et les papilles grandes ouvertes !

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