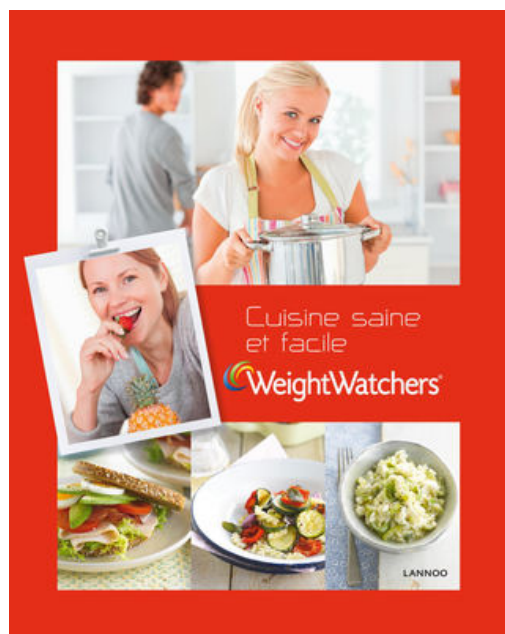


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Weight Watchers vous offre la possibilité de cuisiner rapidement un plat sain ! Vous avez peu de temps à consacrer à la cuisine mais vous souhaitez manger des plats sains et délicieux ? Ce livre vous apprend comment préparer en moins d'un quart d'heure un délicieux repas équilibré avec quelques ingrédients simples et classiques. Il vous propose plus de 35 recettes avec des ingrédients sains et frais que vous pouvez acheter partout. Vous y trouverez également de nombreux conseils pour cuisiner de manière efficace et rapide. Cuisine saine et facile constitue avec Je commence aujourd'hui ! les premiers tomes d'une nouvelle collection Weight Watchers.

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