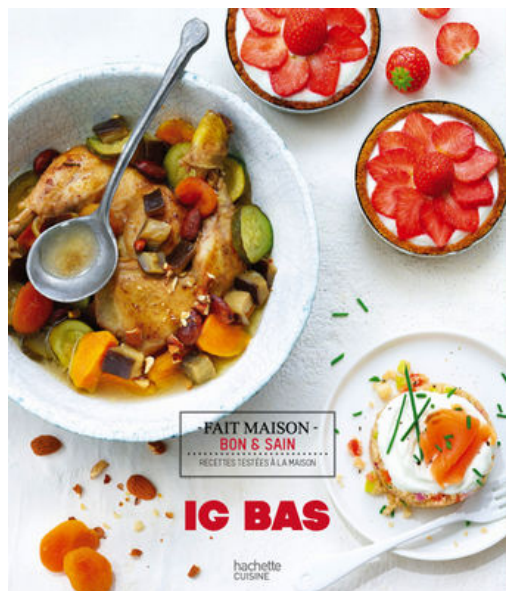


# Télécharger Livres Gratuit IG Bas (PDF | ePub | Mobi) Marie Laure André & Ella Hagege download-free



70 recettesDes recettes de baseDes conseils et informations d'une diététicienneDes idées de menu

IG, ce sont les initiales d'Indice Glycémique. Et plus l'IG des aliments est haut, plus le taux de sucre dans notre sang est haut également. Logiquement, un repas complet à l'IG bas est donc synonyme de repas sain, équilibré et régime !

Quels sont les aliments à IG bas ? Comment les associer ? Comment équilibrer ses repas ?

Voici des recettes légères et gourmandes pour allier plaisir et santé ; tagliatelles de courgettes à la feta, pizza au pesto, sorbet sans sucre ajouté, gratin de patate douce et coriandre, pêches crues à la vanille ou burger vegan...

<b>Title</b>	:	IG Bas
<b>Author</b>	:	Marie Laure André & Ella Hagege
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