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La méthode anti-kilos élaborée par Sibylle Naud, diététicienne-nutritionniste, es le fruit de douze année d'expériences.

Une méthode de rééquilibrage alimentaire efficace totalement à l'opposé de tous les régimes restrictifs qui excluent certains aliments, accusés à tort de faire grossir!

Des thèmes clés pour une perte de poids optimisée.

50 recettes équilibrées mais gourmandes.

Avec cet ouvrage je voudrais vous réconcilier avec le sandwich, le hamburger ou encore la pizza! Car rien n'est interdit, et ce même dans une démarche de perte de poids!

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