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Comment préparer 5 dîners pour la semaine en 1 dimanche ? Vous en rêvez ? Nous l'avons fait.

Une fois dans la semaine préparez en grandes quantités des aliments de base que vous pourrez conserver et accommoder tout au long de la semaine grâce à nos recettes !

Pourquoi adopter le batch cooking ?

- Pour gagner du temps
- Pour faire des économies
- Pour manger sainement

Découvrez comment, avec un peu d'organisation, vous allez révolutionner votre façon de cuisiner !

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