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Marielle LANZALAVI

Moins de VIANDE !



PETIT GUIDE DIETETIQUE

Que vous souhaitiez simplement diminuer votre consommation de viande pour rester en bonne santé, devenir Flexitarien ou Végétarien pour des raisons plus idéologiques, ce guide est fait pour vous.

Voici une méthode claire et simple qui vous permettra de passer d'une alimentation habituelle et omnivore à une alimentation largement diminuée en protéines animales. Cela se fera progressivement et dans l'équilibre.

Conseils pour les enfants, les adultes et les sportifs.

Bases de menus et recettes en exemple.

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