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Petits-déjeuners, apéritifs, entrées froides, entrées chaudes, plats, desserts, douceurs et en-cas, sauces et condiments, boissons... entrez dans le monde de la cuisine paléo et découvrez les 125 recettes de Blandine !

Faciles et gourmandes, les créations paléo de Blandine favorisent une alimentation de bonne qualité, basée sur de vrais aliments « vivants » et si possible bios et locaux. Cela comprend la consommation de légumes (beaucoup !), de fruits, de viande, de poisson, d'oléagineux, d'œufs, de bon gras riche en oméga-3... Le tout en évitant les aliments modernes qui n'existaient pas à l'époque paléolithique, notamment les aliments transformés, sucres raffinés, céréales, produits laitiers et légumes secs.

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Author	:	Blandine Baslé
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