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Endocrinologue-nutritionniste

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500 recettes antidiabète Dr Pierre Nys, 2023-08-29 Muesli antifringales Crème de brocolis aux noisettes Taboulé de quinoa aux crevettes Parmentier de volaille aux deux pommes Moules au fenouil et la tomate Cookies aux flocons d'avoine et la noix de coco bentos pizzas plateaux repas de l'entrée au dessert retrouvez dans cet ouvrage plus de 500 recettes variées délicieuses ultra rapides et antidiabète Avec ce livre Contrôlez votre glycémie Protégez votre cœur et votre cerveau Affinez votre silhouette Redoublez le bonheur de préparer des plats simples et savoureux Prenez plaisir inviter des amis pour partager votre cuisine Gourmand et diabétique ce n'est pas incompatible Le Dr Pierre Nys est endocrinologue nutritionniste ex-attaché des Hôpitaux de Paris Il est l'auteur de nombreux best-sellers aux éditions Leduc dont Plus jamais mal au ventre avec le régime Fodmaps L'alimentation sans Fodmaps guide visuel et Le régime Fodmaps pour les hypersensibles

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