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Recette Bariatrique: Fluide Puree - 100 Recettes Uniques Pour Les Regimes de Fluides, de Purees Et de Régime D Aliments MOUS Pour Les Phases I a IV D Un Retablissement Post Operatoire Bariatrique

By Stella Layne

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: French . Brand New Book ***** Print on Demand *****. 100 recettes uniques de bouillons, boissons, milkshakes proteines, glaces, mousses, soupes, purees, smoothies et desserts bariatriques pour les regimes de fluides, de purees et de regime d aliments mous pour les phases I a IV d un retablissement post operatoire bariatrique. Dans le Recettes Bariatriques - FLUIDE, vous trouverez: 50 recettes de bouillons, boissons, glaces et mousses pour les phases I et II du regime liquide. Toutes les recettes contiennent moins de 5g de sucre, 5g de graisses et 15g de glucides. Chaque recette comporte une indication permettant d identifier pour quelles etapes de la recuperation elle est adaptee. Vous pourrez ainsi varier les recettes pendant votre regime de recuperation. Des procedures de degreissage sont proposees dans les recettes de bouillons, et des informations nutritionnelles completes et des informations sur les quantites sont fournies avec toutes les recettes. Quelques exemples de recettes: Bouillon de jarret de boeuf aux legumes, Bouillon de poisson a la tomate et au tofu, Bouillon de poulet au curcuma et au gingembre, Eau au combo d herbes, Smoothie Cheesecake Citron, Milkshake au The Vert detheine au lait,...



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