

100% Energy Recipes

40 recipes for sportspersons.

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Synopsis:

This title explains step by step how to realize no less than 40 recipes that give the keys for a healthy and balanced diet. This book is perfect for people who want to have a healthier life and/or practise sport more or less intensively.

The recipes are easy to do and varied. They are invented by Vincent Amiel in collaboration with dietician Solveig Darrigo.

Menus from breakfast to dinner are available, and more precisely: 8 breakfasts, 19 starters and main courses, 8 desserts and 5 detox juices.

Each recipe is accompanied with advises and dietetic information.

The Authors:

Vincent Amiel is a cook and a redactor for website 750g.com, one of the most important website in France in the cooking field.

Solveig Darrigo is a dietician and a nutritionist. She is the author of many cooking titles.

■ Specs:

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