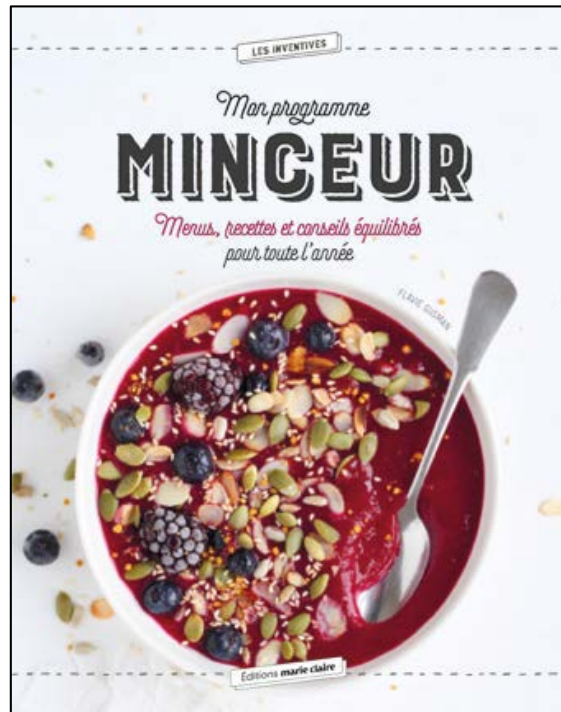


My Slimness Program

40 healthy and delicious recipes

March 2017



Synopsis:

This book can be put in the hands of all the people who want to lose weight without losing pleasure to eat.

21 days: this is the time needed to slim down, with a detailed program available.

In this title you will find classic recipes renewed with healthier ingredients that have well known nutritional qualities, as well as more innovating healthy recipes with new associations you will want to try!

From starters to desserts, not forgetting main courses and drinks, nothing is left aside! This book will be a real coach for readers that will no longer do without it.

Easy to realize, the recipes are made following the advises of a nutritionist.

■ Specs:

- Series: Cooking
- Date of Issue: March 24th 2017
- RPP: 12 €
- 112 pages
- 180 x 230 mm
- Paperback
- ISBN : 979-10-323-0083-1