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Lire des ebooks Bien manger en attendant bébé, 2e édition Katrin Acou-Bouaziz PDF, ePub, mobi, Un ouvrage pour vous aider à manger mieux, sans manger pour deux, en attendant bébé ! Une nouvelle édition mise à jour !

100% des futures mamans sont préoccupées par leur alimentation et leur poids pendant la grossesse et l'allaitement. Et pour cause: la manière dont elles remplissent leur assiette détermine en partie la santé du bébé à naître, mais aussi leur silhouette après l'accouchement...

L'objectif de ce guide est simple : permettre aux femmes enceintes de manger "mieux" sans manger "pour deux". Et qu'elles deviennent maman de bébés en pleine forme sans en porter le poids sur les hanches pour le restant de leurs jours ! Il propose un véritable régime alimentaire établi grâce à des conseils nutrition et des menus adaptés aux contraintes de la grossesse. Une marche à suivre claire et précise ainsi que des recettes validées par un médecin nutritionniste, et les astuces

secrètes des mamans qui ont su garder la ligne...

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