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- 1 liste de courses complète classée par rayons
- Le menu e la semaine
- Le déroulé des préparations à réaliser en moins de 2h
- Le résultat de votre session
- Les gestes à réaliser le jour même pour la cuisson de dernière minute

Dans ce livre, vous trouverez :16 menus hebdomadaires complets, soit 80 repas équilibrés pour toute la famille.Des plats qui privilégient les produits frais et de saison.Une cuisine 0 déchet où tout est consommé et les restes utilisés.

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