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**Lire des ebooks Mon cahier minceur zéro sucre Marie-laure André PDF, ePub, mobi, Le cahier minceur en version zéro sucre, pour les addicts au sucre, les gourmandes et les régimeuses qui veulent mincir !**

On le sait, le sucre est l'ennemi numéro 1 de la silhouette, c'est lui qui fait grossir. L'idée ? Un programme low carb, c'est-à-dire un programme qui conjugue indice glycémique et charge glycémique, soit la capacité de l'aliment à faire grossir et la quantité de sucre qu'il contient ! Objectif : un régime équilibré qui déstocke la graisse !

## **Au programme :**

- **Les principes du low carb**, avec les indices glycémiques et la charge glycémique des aliments, et leur impact sur la prise de poids.

- **Un programme minceur avec 3 semaines de menus low carb adaptés à son profil** et à sa charge glycémique

optimale, avec des recettes simples et gourmandes !

- **Des feuilles de route personnalisées pour composer des repas équilibrés et low carb** au quotidien, stopper ses habitudes alimentaires néfastes lorsqu'on est addict au sucre, gourmande ou régimeuse.

- **Un programme sport et bien-être pour booster sa perte de poids** et sculpter son corps, ainsi que les meilleures méthodes green anti-craquage et cocooning.

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