

Mon Cahier Brule Graisse

Chao Zhang

Mon cahier brûle-graisse, 2017-01-05 L'indice glycémique représente la capacité des aliments à augmenter la glycémie dans le sang. Or, une glycémie haute déclenche le stockage des sucres sous forme de graisses ! Avec le régime à IG bas, on privilégie les aliments qui n'élèvent pas de façon trop importante le taux de sucre dans le sang et favorisent la perte de poids. La solution pour mincir sans se frustrer et avec une nutrition healthy ! Au programme : Un programme nutritionnel de 4 semaines, avec de nombreux conseils nutritionnels, des astuces, des menus (jour par jour) et des recettes vraiment savoureuses pour manger avec plaisir et à satiété en conservant un bon équilibre alimentaire. des tests à compléter pour mieux comprendre son comportement alimentaire et mettre en place, au plus tôt, les petits changements qui feront toute la différence... un tableau complet regroupant les meilleurs aliments à IG bas à consommer tout au long du programme : certains fruits et légumes, mais aussi les légumineuses (lentilles, haricots secs...), les amandes, le chocolat noir à 70 % de cacao minimum, les pâtes cuites « al dente »...

Mon cahier brûle-graisse Marie-Laure André, 2019-01-03

Mon cahier Body minceur Marie-Laure André, 2017-06-29 Le programme fat burner, qui mixe alimentation à IG bas et training, pour brûler un maximum de calories et un maximum de cellulite ! Le programme total pour mincir vite et durablement ! Puisque le sucre déclenche le stockage des graisses, l'alimentation à IG bas déstocke rapidement sans faim ni frustration. Et pour plus d'efficacité, un training complet permet de brûler les calories, tonifier et sculpter le corps. Exit la cellulite et les petites rondeurs, c'est parti pour un nouveau body et un nouveau lifestyle ! Au programme : - Un programme complet food & training, pour mincir en 6 semaines et transformer sa silhouette. - 3 semaines de menus à IG bas, pour déstocker les graisses définitivement et mincir sans faim ni frustration. - Un training complet et progressif, avec du cardio pour s'affiner, du gainage (dont du Pilates) pour se tonifier et du renforcement musculaire pour se sculpter.

Mon cahier Zéro gras Marie-Laure André, 2020-10-29 Chips, fromage, charcuterie, biscuits... L'alimentation (presque) zéro gras pour mincir, se sentir bien et se libérer de l'addiction au gras ! Pour réduire son body fat, rien de mieux qu'un régime zéro gras ? Oui... et non. On sait à présent que le grand méchant gras était un mythe et que le bon gras est sain, voire même qu'il... déstocke les graisses et permet de mincir ! La condition pour que ça fonctionne ? Faire les bons choix (bye-bye frites, fromage, gâteaux, glaces, churros...) et bien doser (bye-bye les orgies de chips). Le gras donne du plaisir et du goût,

alors pas question de s'en passer : le bon gras (bien dosé), c'est la vie ! Au programme : - Les règles de la nutrition zéro gras : le rôle du gras dans l'organisme, les aliments/plats gras à zapper, les aliments contenant des bons gras à privilégier, l'alimentation équilibrée... - 3 semaines de menus complets et de recettes zéro gras selon son objectif (mincir, manger plus sain au quotidien, faire une détox après une orgie de gras) - Des conseils personnalisés selon son profil de gras addict (fille overbookée dont les repas sur le pouce sont déséquilibrés et gras, fille gourmande ou fille qui a une alimentation déséquilibrée) - Le lifestyle zéro gras, avec le sport et les solutions naturelles (huiles essentielles, plantes), pour mincir et gérer ses pulsions de gras

Mon Cahier Minceur zéro sucre NED Marie-Laure André, 2024-01-11 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.

Mon cahier Minceur healthy Marie-Laure André, 2023-09-14 Les Mon cahier font peau neuve ! Opération total relooking des couvertures avec de nouvelles illustrations au dessin plus inclusif ET une maquette rafraichie avec une pagination augmentée pour plus de respiration. Le cahier minceur sans régime, grâce au rééquilibrage alimentaire ! La méthode pour se débarrasser de ses mauvais comportements nutritionnels ! Grignoteuse qui mange n'importe quand ? Fille surbookée qui mange n'importe quoi ? Gourmande qui mange un peu trop ? Pour perdre du poids, se priver n'est pas la solution ! Ces kilos en trop ne sont pas dus qu'aux calories, mais surtout au comportement alimentaire ! La solution ? Le rééquilibrage alimentaire. Pas de privation et pas de prise de tête, mais une nutrition minceur saine ! Au programme : Les bases de l'équilibre alimentaire : des repas équilibrés et bien structurés, à index glycémique bas, avec des aliments healthy, pauvres en graisses saturées et non raffinés... L'analyse de ses comportements alimentaires (grignoteuse, fille qui mange mal, gourmande), et les solutions : grignoter sain, choisir du prêt à l'emploi healthy, se faire plaisir en restant léger... 3 semaines de menus minceur personnalisés basés sur le rééquilibrage alimentaire, avec des recettes ultra simples, légères et gourmandes, sans privation ! Un nouveau mode de vie minceur et healthy, avec des séances de sport pour booster sa perte de poids et sculpter sa silhouette, et tous les conseils food pour éviter le yoyo, gérer ses fringales et se faire plaisir sans

culpabiliser !

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