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schudnąć bez efektu jojo podstawowa zasada tej diety jedzenie ma być smaczne obowiązuje zwłaszcza w trzeciej fazie fazy smakosza gourmet dieta paryska dr cohen dieteticy org pl - Feb 26 2023

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dieta w przeciwieństwie do licznych
cudownych diet obiecujących
błyskawiczne efekty nie stawia

wydumanych wymagań jak jedzenie
wyłącznie jajek i chleba albo picie sześć
razy dziennie koktajlu buraczano
melonowego

*dieta paryska przepis na francuską
sylwetkę nie tylko dla* - Aug 03 2023

web oct 31 2013 dieta paryska zasady

na dietę paryską składają się 3 fazy
które nie mają jednak tylko jednej
właściwej kolejności możemy dowolnie
je sobie ustawiać w zależności od
potrzeb choć dr cohen podsuwa nam
pewne pomysły