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Cele mai bune cincisprezece filme si carti despre o ... - Filme si carti

In cartea Keep it Vegan a lui Aine Carlin veti gasi peste 100 de astfel de retete vegane gustoase. In carte veti gasi retete simple si sanatoase pentru micul dejun, pranz, ocazii speciale, sosuri si dulciuri. Aine Carlin este un blogger culinar cunoscut, originara din Derry-Irlanda de Nord. Dieta vegana este ideala pentru o stare de sanatate buna.

5 Carti de bucate cu retete sanatoase. Descopera-le!

Pag. 5 - terapii (diete) prin alimentatie. Contul dvs este gol. Contul meu

Terapii/Diete - Carti Minunate - 5

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Caroline Apovian) De ce ne este foame? (Deepak Chopra si Leonard Mlodinow) Dieta de 2 zile
(Dr. Michelle Harvie si Prof. Tony Howell) De ce te ingrasi.

Topul profesiilor nesanatoase: spune-mi ce profesie ai ca ...

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Totodata, carbohidratii nu trebuie sa depaseasca 50% din totalul caloriilor consumate pe zi,

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proteinele trebuie sa fie 15-20% din totalul zilnic. De asemenea, trebuie sa consumati cel putin 4 portii de legume si fructe crude in fiecare zi, dar si aproximativ 20 g fibre pe zi.

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