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## COMMENT PASSER AU SANS GLUTEN



THIERRY SOUCCAR, 2017. Paperback. Condition: NEUF. Passer au sans gluten, c'est une petite révolution alimentaire. Pas facile de renoncer aux pain, pâtes, pizzas, muesli ! Il y a des pièges à éviter, des réflexes à intégrer, de nouvelles recettes à maîtriser. Parce qu'elle est passée par là, qu'elle a dû se débrouiller seule, Brigitte Delaye veut maintenant faire partager son expérience. Pour que la transition soit la plus naturelle possible, elle a mis au point un plan en 7 étapes avec...

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- Authored by Delaye, Brigitte
- Released at 2017



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