

MES COACHS NUTRITION

CHRISTOPHE BONNEFONT
JULIEN VENESSON

L'ASSIETTE DE LA FORCE

- PRISE DE MUSCLE
- GAIN DE FORCE
- PERTE DE POIDS

100 RECETTES SPÉCIAL FORCE



Lassiette De La Force Recettes Speacutecial Force

N Colangelo



Lassiette De La Force Recettes Speacutecial Force:

L'Assiette de la force - 100 recettes spécial force Christophe Bonnefont, Julien Venesson, 2013-12-01 Apr s le succ s de Nutrition de la force Christophe Bonnefont et Julien Venesson passent derri re les fourneaux Avec eux apprenez r aliser 100 recettes savoureuses en un coup de cuill re pot Ils les ont sp cialement con ues pour VOUS le sportif de force Qu il s agisse de prendre de la masse de s cher ou de pousser plus lourd vous trouverez dans ce guide les menus adapt s votre pr paration physique Des recettes pour le petit d jeuner d jeuner d ner les collations Vite fait bien fait pas de temps perdu en cuisine c est autant de gagn pour votre sport Faciles m me si vous n avez jamais cuisin Test es et approuv es par un panel d athl tes Des repas quilibr s qui pr servent votre sant y compris si vous ne tol rez pas le gluten Avec des informations nutritionnelles calories prot ines glucides lipides Christophe Bonnefont sportif accompli plusieurs fois sur les podiums de comp titions internationales de culturisme est aussi un cuisinier hors pair Julien Venesson est r dacteur en chef du mensuel Alternatif Bien tre Il anime le site superphysique org aux c t s de Rudy Coia et Michael Gundill Il est l auteur des best sellers Pal o Nutrition Gluten et Nutrition de la force

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