

100 RÉFLEXES

PIERRICK BOURGAULT

Préface de

CORINNE LEPAGE

POUR MANGER BIO

ET PAS CHER

LA SANTÉ, DE LA PLANÈTE À MON ASSIETTE

LE DUC S
EDITIONS

Reacuteflexes Pour Manger Bio Et Pas Cher

Pierrick Bourgault



Reacuteflexes Pour Manger Bio Et Pas Cher:

100 réflexes pour manger bio et pas cher Pierrick Bourgault, 2010-09-01 La santé de la planète mon assiette Envie de produits frais naturels et savoureux petits prix Rien de plus simple Grâce de nombreuses astuces vous allez chaque jour garnir votre assiette d'aliments bio Alors n'hésitez plus entre votre santé et votre argent choisissez les deux Dans ce livre d couvrez 100 idées d'astucieuses pas chères et bonnes pour la planète pour Acheter les meilleurs aliments quels labels vous fier comment décrypter les étiquettes mais aussi les bonnes adresses et les bons plans pour s'approvisionner malin Cultiver votre jardinet bio même en appartement ail oignon radis ou fines herbes suivez toutes vos envies Cuisiner bio et impressionner votre famille ou vos amis avec des recettes faciles et d'astucieuses et des astuces rapides pour utiliser les restes Mangez sainement et bon marché en toute simplicité Ce livre est un trésor pour le citoyen du monde socialement et écologiquement responsable une merveilleuse découverte pour d'autres et dans tous les cas un précieux caillou dans le jardin des producteurs du bio Corinne Lepage ancien ministre de l'Environnement

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