

Jean-Paul Blanc
Dietéticien

Le petit livre

DE LA
DE LA

minceur

Nutella, McDonald's, Mars,
Findus, Häagen-Dazs...
2 000 aliments dans la balance

Régime universel
Montignac, Atkins, Mayo,
Weight Watchers,
Scarsdale, etc.

Petit Livre De Le Deacutecodeur Minceur

Yicheng Fang



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