

Les incroyables vertus du poisson

Emmanuelle Jumeaucourt



Gardon



Brochet



Migronne



Pommet



Sardine



Sole



Flétu



Truite

Alimentation santé

Conseils santé,
recettes gourmandes

Les Incroyables Vertus Du Poisson

Pierre Corneille



Les Incroyables Vertus Du Poisson:

Les incroyables vertus du poisson Emmanuelle Jumeaucourt, 2014-04-16 Riches en protéines essentielles en vitamines B6 B12 PP A D E en minéraux zinc iode cuivre sélénium phosphore riches en fer en Oméga 3 bénéfiques pour notre cerveau et alliés minceur les poissons de nos mers et océans sont de véritables authentiques aliments sains Mais quel poisson choisir et quel moment de l'année comment le conserver comment le cuisiner et l'apprendre quel mode de cuisson privilégier Comment être un consommateur de poisson responsable soucieux de favoriser la pêche durable de respecter les quotas et d'éviter les espèces en voie de disparition Ce livre répond toutes vos questions sur le poisson et sur ses incroyables vertus pour la santé il vous offre en prime une myriade de savoureuses recettes simples et créatives pour le plaisir des gourmands et gourmets Cordons bleus vos poissons LE guide du poisson sont bien trempés dans tous ses plats et toutes les sauces Emmanuelle Jumeaucourt juriste de formation diplômée d'une grande école de journalisme et rédactrice en chef d'un magazine sont fières minimes Aujourd'hui elle est rédactrice indépendante pour la presse féminine et sont grand public et collabore pour différents supports web Elle est l'auteure d'un ouvrage succès Patch pour avoir une santé d'enfer d'First on lui doit aussi Les incroyables vertus du régime crétois d'Jouvence Les conditions de Jouvence sont heureuses de la compter parmi ses auteurs Les incroyables vertus du poisson

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