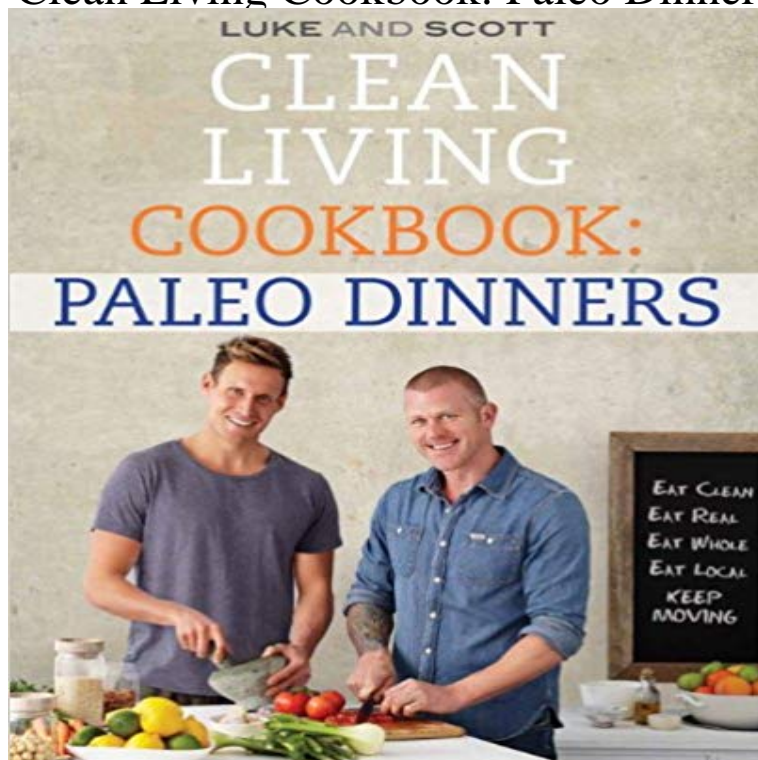


## Clean Living Cookbook: Paleo Dinner (The Clean Living Series Book 5)



Eating healthy has never been so delicious than in these Clean Living recipes from Luke Hines and Scott Gooding, everyone's favourite personal trainers from MKR. No matter how much exercise you work into your daily routine, you can't be in optimal condition if you're not eating right. With this in mind, Luke and Scott have created a special ebook containing all the Paleo dinner recipes from their bestselling Clean Living Cookbook, so that you can eat your way to whole body health! Easy to make, delicious to eat and, best of all, great for your overall wellbeing. These recipes include: Perfect Roast Chicken with Lemon Thyme and Jus, Fennel Salt Swordfish with Beetroot Puree, Superfood Soup (Pumpkin, Sweet Potato and Coconut), Slow-Roasted Pork Shoulder. The paleo diet - also known as the caveman diet - is based around the belief that you should only eat what you can catch, pick from a bush or forage for. So cut out all those hard-to-digest grains and unnecessary sugars, and fill up on these delicious, nutrient-dense alternatives - all the goodness and energy you need with none of the nasties! Also available: Clean Living Cookbook: PALEO BREAKFASTS, Clean Living Cookbook: PALEO SWEETS

Et les renforts arrivent encore Bon ça sera la dernière revue de troupes de la semaine. Donc on arrive à 300 figurines il en reste donc 420... mais ça va ça avance bien. Je m'amuserais surtout sur les petites pièces. Là c'est du monobloc donc même si la ligne de moulage est visible -donc il faut barber presque tout le tour de la figurine... oui oui.- Comme à chaque début de défi, je suis dans les temps, limite mieux qu'espérer. Mais par expérience je sais que c'est le creux du défi qui m'est fatal donc on verra quand j'aurais tout barbé :) Publié par CdtK à 17:37 4 commentaires: Liens vers cet article Envoyer par e-mail BlogThis! Partager sur Twitter Partager sur Facebook Partager sur Pinterest Libellés : Blabla lundi 1 août 2016 Revue des troupes Bon juste une petite photo pour montrer que je passe à l'infanterie. j'adore l'barbage. Oui certains diront que ça fait parti du hobby mais c'est vraiment ce que je teste le plus. Et puis là c'est de l'industriel. Publié par CdtK à 17:06 2 commentaires: Liens vers cet article Envoyer par e-mail BlogThis! Partager sur Twitter Partager sur Facebook Partager sur Pinterest Libellés : Blabla vendredi 22 juillet 2016 Pour une poignée de trous en plus Voilà les plaquettes de 6cm ont été percées... 1200 trous... oui oui. 1200 trous dans du plexi -vous savez le truc qui se colle une fois sur deux sur la machine. Mais voilà pour les 6cm c'est fini et je verrais pour les 8cm de front plus tard -je dirais fin août-. Mais quoi ça correspond? Donc dire des trous c'est bien mais ça renseigne pas beaucoup alors 1200 trous c'est : 594 soldats -de l'ager à lourd- 231 cavaliers et 24 canons avec 4 artilleurs. Oui monsieur. Bon alors je suis désolé de ne pas avoir plus de soldats à pied. C'est pas super grave, je doute que toutes les plaquettes soient un

jour sur la mÃame table. Mais bon quand on voit que pour 30e -3 plaquettes- j'ai pu fait celle lÃ et autant en 8cm, Ãa va. Il faut voir ce que cela m'aurait coutÃ© dans le commerce. On y rajoute le prix des aimants -15e les 1000 fdpin- et j'ai quand mÃame un trÃs bon rapport qualitÃ©-prix par rapport Ã ce que je recherchais. Il le reste Ã Ã©barber les trous pour y glisser l'aimant et Ãa sera parfait je pourrais retourner Ã mes figurines. PubliÃ© par CdtK Ã 09:52 2 commentaires: Liens vers cet article Envoyer par e-mail BlogThis! Partager sur Twitter Partager sur Facebook Partager sur Pinterest LibellÃ©s : 28mm, Blabla jeudi 14 juillet 2016 florian.bardi. ThÃme Voyages. Images de thÃmes de Storman. Fourni par Blogger.

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