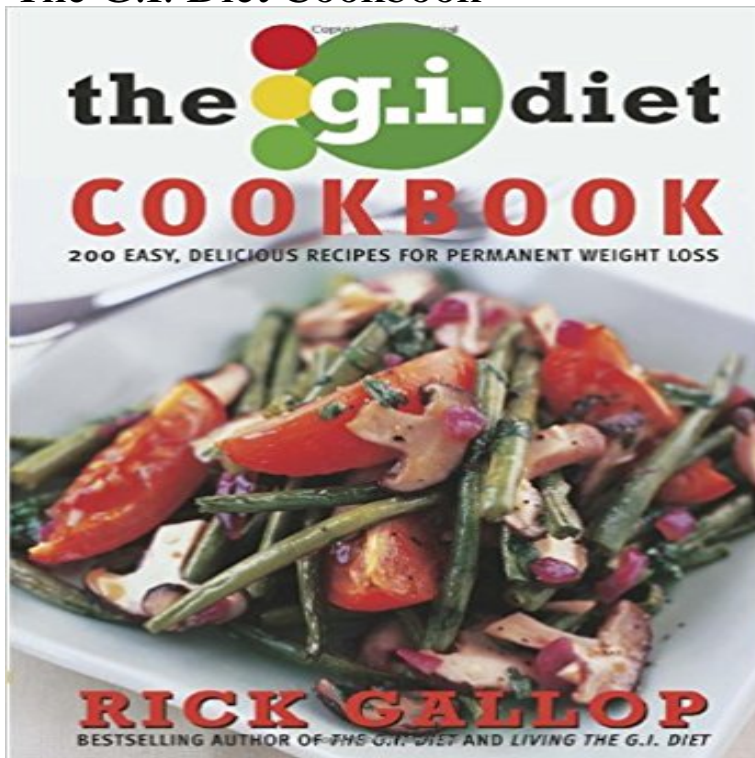


## The G.I. Diet Cookbook



Lose weight while enjoying fabulous food with this newest addition to the internationally bestselling G.I. Diet series, featuring 200 recipes. Fans of the G.I. Diet always say that it shouldn't be called a diet but simply a different way of eating. With the G.I. Diet, you never go hungry as you eat three square meals plus three snacks a day and yet the pounds steadily fall off. And because no food groups are eliminated not even desserts you'll never feel deprived. Now The G.I. Diet Cookbook offers a plethora of tempting recipes to add to your G.I. repertoire. With two hundred nutritious, low-G.I. recipes for breakfasts, lunches, snacks, appetizers, dinners and desserts, you'll lose weight effortlessly as you indulge in delicious food. There are simple-to-prepare dishes for weekday meals, simmers and roasts for leisurely weekends, and elegant fare for entertaining friends. Through the week, enjoy Crunchy Granola for breakfast, Creamy Seafood Chowder for lunch, a slice of Strawberry Tea Bread for a snack, Spinach-Stuffed Chicken Breasts for dinner and Chocolate Pudding for dessert. Throwing a dinner party? Serve appetizers of Spinach Bites and Baba Ghanoush with Basmati Rice Crackers, a first course of Mushroom Soup with Roasted Garlic and Ginger, a main of Roasted Pork Tenderloin with Balsamic Glaze and Gingered Peach Salsa and a luscious dessert of Chocolate Cake with Ganache Icing. The G.I. Diet Cookbook will introduce you to a whole new world of sumptuous, healthy eating and a slim new you.

Et les renforts arrivent encore Bon Åa sera la derniÅre revue de troupes de la semaine. Donc on arrive Å 300 figurines il en reste donc 420... mais Åa va Åa avance bien. Je m'amuserais surtout sur les petites piÅces. LÅ c'est du monobloc donc mÅme si la ligne de moulage est visible -donc il faut Åbarber presque tout le tour de la figurine... oui oui.- Comme Å chaque dÅbut de dÅfi, je suis dans les temps, limite mieux qu'espÅrer. Mais par expÅrience je sais que c'est le creux du dÅfi qui m'est fatal donc on verra quand j'aurais tout ÅbarbÅ :) PubliÅ par CdtK Å 17:37 4 commentaires: Liens vers cet article Envoyer par e-mail BlogThis! Partager sur Twitter Partager sur Facebook Partager sur Pinterest LibellÅs : Blabla lundi 1 aoÅt 2016 Revue des troupes Bon juste une petite photo pour montrer que je passe Å l'infanterie. j'adore l'Åbarbage. Oui certains diront que Åa fait parti du hobby

mais c'est vraiment ce que je d'Ã©teste le plus. Et puis l'Ã© c'est de l'industriel. PubliÃ© par CdtK Ã 17:06 2 commentaires: Liens vers cet article Envoyer par e-mail BlogThis! Partager sur Twitter Partager sur Facebook Partager sur Pinterest LibellÃ©s : Blabla vendredi 22 juillet 2016 Pour une poignÃ©e de trous en plus VoilÃ© les plaquettes de 6cm ont Ã©tÃ© percÃ©es... 1200 trous... oui oui. 1200 trous dans du plexi -vous savez le truc qui se colle une fois sur deux sur la mÃ©che. Mais voilÃ© pour les 6cm c'est fini et je verrais pour les 8cm de front plus tard -je dirais fin aoÃ»t-. Mais Ã© quoi Ã©sa correspond? Donc dire des trous c'est bien mais Ã©sa renseigne pas beaucoup alors 1200 trous c'est : 594 soldats -de l'Ã©ger Ã© lourd- 231 cavaliers et 24 canons avec 4 artilleurs. Oui monsieur. Bon alors je suis d'Ã©Ã©su de ne pas avoir plus de soldats Ã© pied. C'est pas super grave, je doute que toutes les plaquettes soient un jour sur la mÃ©me table. Mais bon quand on voit que pour 30e -3 plaquettes- j'ai pu fait celle lÃ© et autant en 8cm, Ã©sa 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 mÃ©me un trÃ©s 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©sa 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. ThÃ©me Voyages. Images de thÃ©mes de Storman. Fourni par Blogger.

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