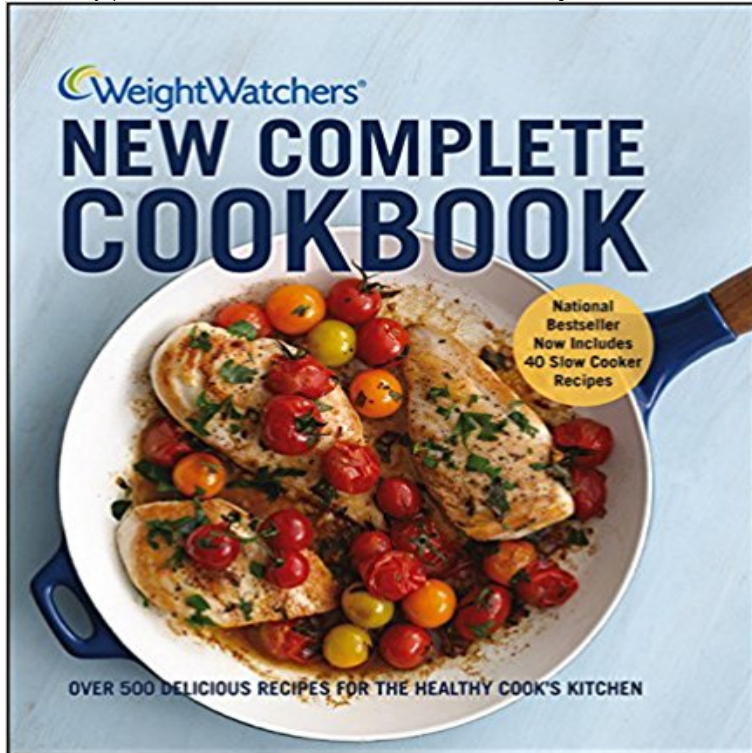


Weight Watchers New Complete 4e Bonus Binder



The trusted classic from Weight Watchers, now with a bonus section of 40 slow cooker recipes. The most trusted name in healthy lifestyle, Weight Watchers leads the way to eating well and losing weight. Packed with 500 recipes for every occasion, this book is delicious proof that healthy eating means you don't have to give up your favorite foods. It's so easy to enjoy meals with family and friends, holidays or everyday with these tempting recipes that both beginners and experienced cooks will love. This newest edition has everything you'll need to cook and eat in a healthier way: included is a new chapter with slow cooker recipes, hundreds of tips, helpful how-to photography, sidebars filled with must-have advice, and plenty of fresh ideas for breakfast, lunch, dinner, and beyond. An added feature: all recipes have been tagged for skill level. This book has been completely redesigned and boasts all new photography. And, of course, this revised edition includes the latest information on the popular and successful Weight Watchers program. Includes more than 60 gorgeous full-color recipe photos and instructive how-to images. Features more than 500 recipes, including essential basics, breakfasts, lunches, soups and stews, vegetarian meals, baked goods, and desserts. Now with more whole grain and vegetable dishes that help you eat healthier and stay full longer. With a bonus section of 40 slow cooker recipes.

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 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 auÃ©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©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 mÃªme table. Mais bon quand on voit que pour 30e -3 plaquettes- j'ai pu faire 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 mÃªme un trÃªs 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. ThÃªme Voyages. Images de thÃªmes de Storman. Fourni par Blogger.

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