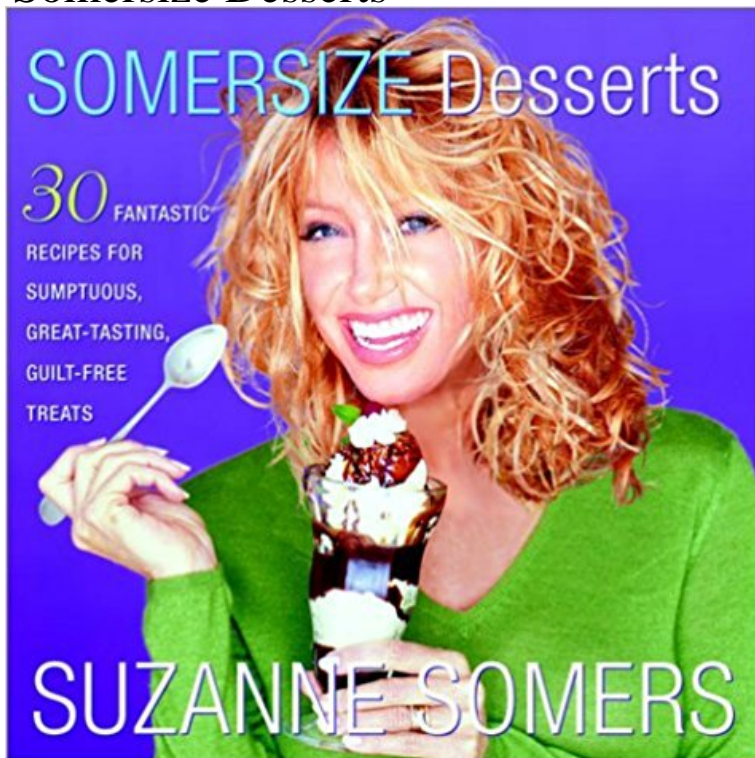


Somersize Desserts



Now you can have your cake and eat it, too! Suzanne Somers, whose revolutionary Somersizing program and bestselling books have helped millions of people lose weight, shares thirty delicious recipes for decadent, flavorful desserts that not only taste great but wont make you gain an ounce. Sound too good to be true? Not if you Somersize! This remarkable program allows you to lose weight while eating delicious foods, including sinfully rich desserts such as: * Creme Brulee* New YorkStyle Cheesecake with Raspberry Coulis* Lemon Zabaglione* Chocolate Layer Cake* Wild Mountain Blueberry Pie* Caramel Swirl Chocolate Chunk Ice Cream You can lose weight while eating these tasty desserts because the key to weight loss is reducing sugar in your diet, not fat. Fat is not the enemy. In fact, fat is your friend. Its the sugar that makes people put on the pounds. The fabulous, tempting desserts in this book are made with SomerSweet, a miracle product that wont spike your insulin levels. This is a breakthrough for diabetics! And its perfect for Somersizers or anyone who just wants to eat a tantalizing, guilt-free dessert. Never before has weight loss been so easy and enjoyable. Illustrated with mouthwatering photos, Somersize Desserts is the perfect companion to Suzanne Somers revolutionary series of weight-loss books. Dont deprive yourself of those sweets; go aheadtheyre perfectly Somersized!

Et les renforts arrivent encore Bon Ãsa sera la derniÃre revue de troupes de la semaine. Donc on arrive Ã 300 figurines il en reste donc 420... mais Ãsa va Ãsa avance bien. Je m'amuserais surtout sur les petites piÃces. LÃ c'est du monobloc donc mÃme si la ligne de moulage est visible -donc il faut Ãbarber presque tout le tour de la figurine... oui oui.- Comme Ã chaque dÃbut de dÃfi, je suis dans les temps, limite mieux qu'espÃrer. Mais par expÃrience je sais que c'est le creux du dÃfi qui m'est fatal donc on verra quand j'aurais tout ÃbarbÃ :) PubliÃ par CdtK Ã 17:37 4 commentaires: Liens vers cet article Envoyer par e-mail BlogThis! Partager sur Twitter Partager sur Facebook Partager sur Pinterest LibellÃs : Blabla lundi 1 aoÃt 2016 Revue des troupes Bon juste une petite photo pour montrer que je passe Ã l'infanterie. j'adore l'Ãbarbage. Oui certains diront que Ãsa fait parti du hobby mais c'est vraiment ce que je dÃteste le plus. Et puis lÃ 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©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 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 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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