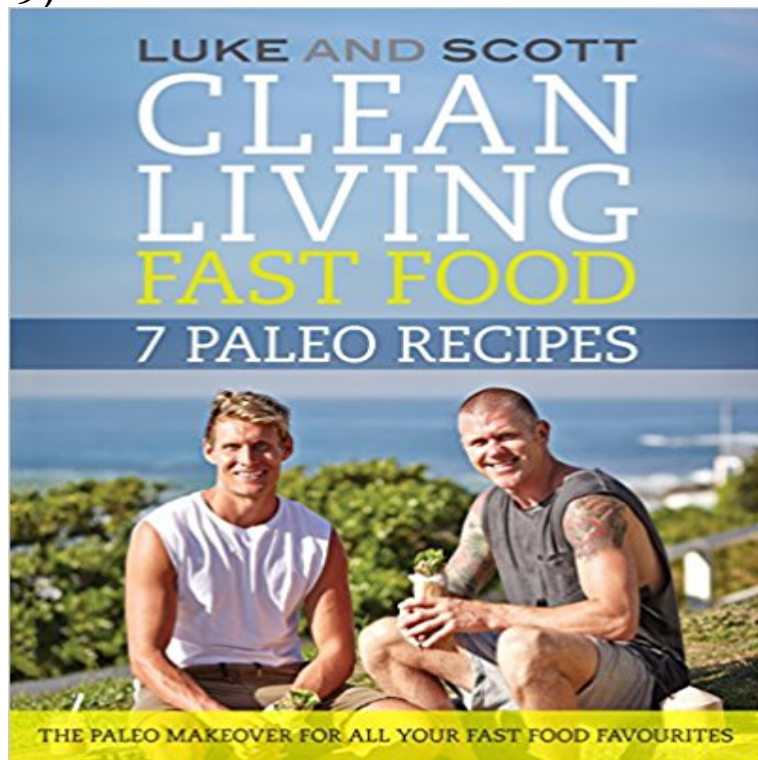


Clean Living Fast Food: 7 Paleo Recipes (The Clean Living Series Book 9)



Want to try the Clean Living lifestyle? Try seven of Luke and Scott's favourite Paleo recipes from their new book, *Clean Living Fast Food*, for free! Luke Hines and Scott Gooding won the hearts of the Australian public with their healthy food revolution on the hit television show *My Kitchen Rules*. Their Paleolithic style of eating combined with their focus on keeping active has captivated the nation. Now they share seven of their favourite Paleo recipes from their new book *Clean Living Fast Food*. Try their healthy versions of some of your fast food favourites, including Chocolate Banana Pancakes, Fig Mega Muffins and Butter Chicken. These recipes and more can be found in this great free ebook - which also includes a link to the full book. Make the change to a healthier new you today! Bondi boys Luke and Scott are back, and this time they're out to cure your junk food cravings! One of the biggest challenges of embarking on a new diet is coping with the cravings for all that fast food you've had to give up. In *Clean Living Fast Food* Luke and Scott provide delicious and healthy alternatives to the foods you love - whether it's pizza, chocolate, doughnuts or fish and chips. Give all your favourite foods the Clean Living paleo makeover and try these fully illustrated and easy-to-follow recipes today. The Clean Living Series: *Clean Living Clean Living Cookbook Clean Living Quick & Easy Clean Living Fast Food Clean Living Paleo Basics Clean Living Eat Clean*

Et les renforts arrivent encore Bon Ãa sera la derniÃre revue de troupes de la semaine. Donc on arrive Ã 300 figurines il en reste donc 420... mais Ãa va Ãa 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a 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 lÃ©ger Ã© lourd- 231 cavaliers et 24 canons avec 4 artilleurs. Oui monsieur. Bon alors je suis dÃ©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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