

# Slank & Snel



**De fast cuisine  
van Michel Montignac**

Ria Tummers



# Slank And Snel De Fast Cuisine Van Michel Montignac

**Michel Montignac**



## **Slank And Snel De Fast Cuisine Van Michel Montignac:**

*Slank & snel* Ria Tummers,1996      **Slank & snel / druk 4** R. Tummers,1996 Een methode om snel slank te worden n te blijve      Montignac, stap voor stap Ria Tummers,1997      **Salades van Montignac** Francis van Arkel,2001      *Wege und Irrwege zum modernen Schlankheitskult* Sabine Merta,2003 Wer kennt nicht den ewigen Kampf gegen die überflüssigen Pfunde der schlanken Linie zuliebe Mittlerweile hat jedes funfte Kind in Deutschland Übergewicht Tendenz steigend Die Fettpolster fuhren schon in jungen Jahren zu Diabetes und Bluthochdruck Aber die Kilos belasten nicht nur die Gesundheit sondern auch die Seele wie die soziale Ausgrenzung von aDickeno sowie die dramatische Zunahme von gefährlichen Essstörungen zeigt Es ist eine vielschichtige Problematik und entsprechend interdisziplinär geht diese Untersuchung auf der Basis eines besonders intensiven Quellenstudiums den historischen Wurzeln des hochaktuellen Schlankheitskultes auf den Grund Alle den modernen Schlankheitskult tangierenden Bereiche von der Theorie bis zur Praxis der Diatkost über damit verbundene Auseinandersetzungen zwischen Ernährungsreformern und Medizinern bzw Ernährungswissenschaftlern über die geschichtliche Entstehung von Essstörungen bis hin zum intensiven Fitnesstraining stehen hier erstmals im Fokus der neueren und neuesten Geschichte a ein wahrer Fundus ein hervorragendes Nachschlagewerk Historische Zeitschrift Merta fills a desideratum in the interdisciplinary history of the body opening up a chapter that will hopefully inspire other historiansa History and Philosophy      Ik ben slank want ik eet!, of De geheimen van onze voeding Michel Montignac,1993 **Boekblad** ,2001      **Brinkman's catalogus van boeken en tijdschriften** ,2001 With 1901 1910 1956 1960 Repertoium is bound Brinkman s Titel catalogus van de gedurende 1901 1910 1956 1960 Title varies slightly      *Brinkman's cumulatieve catalogus van boeken* ,1997 Voorts een alphabetische lijst van Nederlandsche boeken in Belgi uitgegeven      *Brinkman's Cumulatieve catalogus van boeken de in Nederland en vlaanderen zijn uitgegeven of herdrukke* ,2001      *Montignac Diet Cookbook* Michel Montignac,2010-05-05 By setting the foundations for a new philosophy of eating Michel Montignac has been showing us for more than twenty years that how we select our food determines our state of health Simply adjusting our eating habits can help us not only shed excess weight but also prevent metabolic diseases in particular diabetes and heart disease This book is one of four modules in a Montignac recipes series that directly apply the principles of the Montignac method s Gastronomie Nutritionnelle Nutritional Gastronomy These principles are for everyone who expects to enjoy healthy good food and still meet the needs of health concerns The Montignac Recipes in this book are mainly inspired from the Mediterranean way of eating officially recognized as the best in the world These recipes are fast practical and simple They use common cheap ingredients and can be made by any beginner      Slim Forever Michel Montignac,2006 Forget diet drinks and deprivation Slim Forever The French Way is the food lover s diet that works Bestselling French author Michel Montignac shows how you can drink wine and eat the foods you love cheese meat and chocolate and still lose weight Montignac s dieting method has helped countless people around the world achieve impressive and long lasting weight loss

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