
Lapin Rouge Carotte Blanche Na

tableau ig : indice glycémique de 350 aliments - tableau ig proposé par mes bienfaits (<https://mesbienfaits>). châtaigne 60 haricot rouge 35 35 55 châtaigne (farine) 65 haricot rouge (boîte) 40 pamplemousse 25 40 **notre corps est-il rongé par l'acidité - nutrivitalité** - 2/5 • les protéines (viandes, poisson, œufs, fromages, ...) et les glucides (céréales, légumineuses, ...) étant acidifiants on veillera à systématiquement les accompagner d'une généreuse portion de légumes, qui sont, à quelques exceptions près, très basifiants. • la germination des céréales et légumineuses (trempé 12h, puis laisser germer 24/72h

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