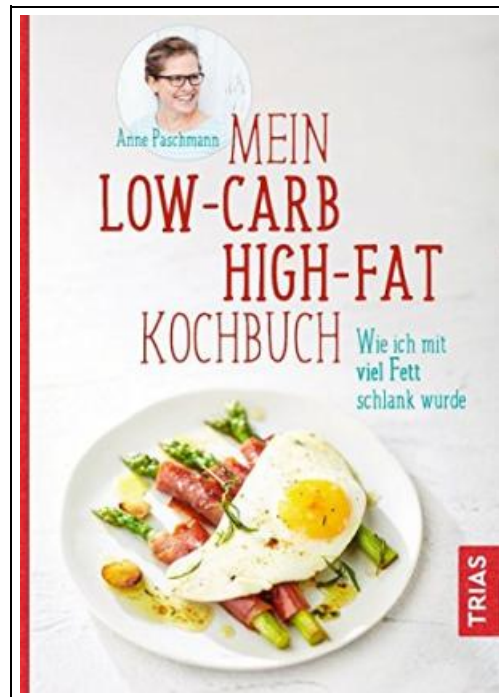


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Trias Jan 2018, 2018. Taschenbuch. Condition: Neu. Neuware - Mehr Fett, weniger Kilos! Die Zufuhr an gesunden Fetten hochfahren, den Pfunden beim Schmelzen zusehen und dabei ein neues Lebensgefühl finden: ein seltsamer Dreiklang. Auf den ersten Blick sicher - aber wenn man sich näher mit der LCHF-Methode beschäftigt, stößt man auf einige Aha-Erlebnisse. Anne Paschmann selbst hat dank ihrer Ernährungsumstellung innerhalb von zwei Jahren satte 50 Kilogramm abgenommen. In diesem Buch beschreibt sie ihren Weg, erklärt die Methode im Detail und liefert 90 einfache und köstliche Rezepte, mit denen Sie direkt loslegen können. Praktisches Plus: tolle Beilagen und Zubereitungstipps machen es möglich, dass auch 'nicht-LCHF'ler mitessen können. 136 pp. Deutsch.



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