



Schlank-Rezepte: Die 50 besten Abnehm-Gerichte (German Edition)

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Um mühelos und schnell abnehmen zu können müssen Sie - je nach Bedarf - einzelne Mahlzeiten durch die Schlank-Rezepte ersetzen - oder Sie legen immer mal wieder einen kompletten Fett-Weg-Tag ein, an dem Sie sich für sämtliche Gerichte aus unseren Rezepten bedienen. Schließlich ergab eine Studie des Lebensmittelkonzerns Nestlé, dass in nur noch 16 Prozent der deutschen Haushalte frisch gekocht wird. Gleichzeitig verbinden aber 67 Prozent der Befragten "in Ruhe essen" mit einem Plus an Lebensqualität.

Wir zeigen Ihnen, wie das ganz einfach gelingt!

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