



Abnehmen mit dem Spiralschneider : Leckere Low-Carb-Gerichte aus Gemüse

By Daniel Wiechmann

Riva Verlag Dez 2016, 2016. Taschenbuch. Condition: Neu. Neuware - Gemüsenudeln machen süchtig, denn sie schmecken aromatisch und frisch und machen das Abnehmen so leicht wie noch nie. Mit einer ausgewogenen Low-Carb-Ernährung verliert man Gewicht, ohne Diät zu halten und ohne zu hungern. Dieses Buch bietet Ihnen alltagstaugliche und schnelle Rezepte für den Spiralschneider, in denen statt Kohlenhydratbomben wie Nudeln, Reis oder Kartoffeln verschiedene Gemüsesorten verwendet werden. Auf den Tisch kommen zum Beispiel feurige Zucchini spaghetti puttanesca, Kürbisdudeln mit Haselnusspesto oder Karottenpasta mit Mangold und getrockneten Tomaten. So gelingt es Ihnen, Ihre Ernährungs- und Lebensgewohnheiten dauerhaft umzustellen. Mit ausführlichem Ernährungsplan für zwei Wochen. 63 pp. Deutsch.

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