



LOW CARB: Die leckersten Low Carb Gerichte aus der FIT FOR FUN-Küche (German Edition)

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WENIGER KOHLENHYDRATE - WENIGER GEWICHT

So lautet die Formel für viele, die ab sofort das Abnehmen weit oben auf ihrer Agenda angesiedelt haben. Die passenden Rezepte dazu gibt es in diesem eBook – mit den 40 leckersten Low-Carb-Gerichten aus der FIT FOR FUN-Küche.

Für Low Carb gibt es keine exakte Definition.

Carb. Der aus Amerika stammende Ernährungstrend hat sich in den letzten Jahren auch bei uns zu einem beliebten Diätkonzept entwickelt. Low Carb, das bedeutet „wenig Kohlenhydrate“. Es geht also darum, Brot, Nudeln, Reis, Kartoffeln und natürlich Zucker einzusparen. Wir haben die leckeren Rezepte dazu.

Unser Tipp: Wenn Sie nur eine Mahlzeit am Tag Low Carb schaffen, entscheiden Sie sich für das Abendessen. Das garantiert Ihnen die besten Figur-Erfolge!

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Bruce Zimmerman:

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Donald Vermillion:

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are and so out of date, spending your extra time by reading in this new era is common not a geek activity. So what these publications have than the others?

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