



Nudel ade!/: Satt, schlank und glücklich mit Low Carb (German Edition)

Daniel Hauser

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Low Carb für Genießer!

Kohlenhydratarm ernähren, schlank durchs Leben und fit und genussvoll durch den Tag: Mit diesen abwechslungsreichen Rezepten ist gesund und lecker essen kein Widerspruch mehr! Die Kombination aus den richtigen Kohlenhydraten, hochwertigen Eiweißen und guten Fetten lässt die Pfunde purzeln und die Leistungsfähigkeit steigen.

- Über 80 genussvolle Low-Carb-Rezepte
- Mit Schnellübersicht: Dos and Don'ts im Low-Carb-Alltag

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