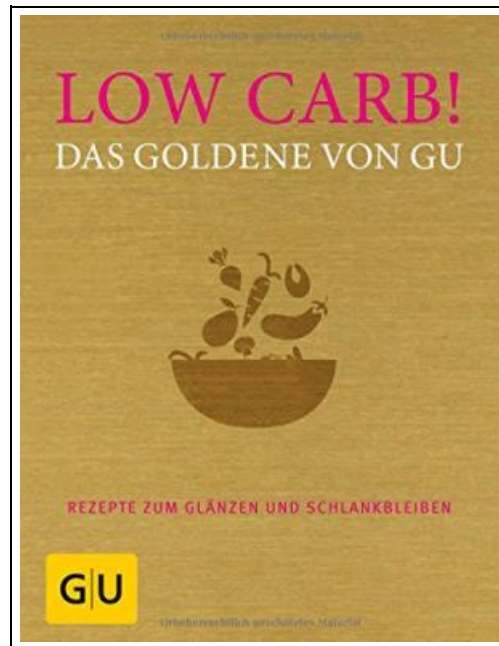


Low Carb! Das Goldene von GU : Rezepte zum Glänzen und Schlankbleiben



Filesize: 2.27 MB

Reviews

It is fantastic and great. Sure, it is perform, nonetheless an amazing and interesting literature. Once you begin to read the book, it is extremely difficult to leave it before concluding.

(Conor Grant)

LOW CARB! DAS GOLDENE VON GU : REZEPTE ZUM GLÄNZEN UND SCHLANKBLEIBEN



Graefe Und Unzer Verlag Feb 2018, 2018. Buch. Condition: Neu. Neeware - Glänzende Zeiten für Low-Carb-Foodies: Die besten Rezepte und alles Wissenswerte rund um den modernen, gesunden Lifestyle gibt's jetzt glamourös verpackt zwischen zwei Buchdeckeln. Low Carb! Das Goldene von GU ist die Bibel dieses Trends: Neben 250 Rezepten wird in den einleitenden Kapiteln alles Wichtige zur Low-Carb-Ernährung erklärt, von den besten Zutaten, Nährwerten, Austauschmöglichkeiten für Zucker und Mehl, bis hin zu praktischen Tipps zur richtigen Zubereitung und alltagstauglichen Umsetzung des angesagten Ernährungsstils. Die Rezepte sind Highlights der GU Low-Carb-Kompetenz: vom Frühstück über Salate, Suppen und Snacks to go, bis zur Veggieküche, leckeren Feierabendgerichten und trendigem Asia-Food wird hier nichts ausgelassen. Wer Heißhunger auf Low-Carb-Sweets hat, liegt mit den Rezepten für kohlenhydratreduzierte Kuchen, Cremes und Smoothies ebenfalls goldrichtig. Hochwertig gestaltet, superlecker und immer nahe am Alltag - mehr Low Carb geht nicht! 352 pp. Deutsch.



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