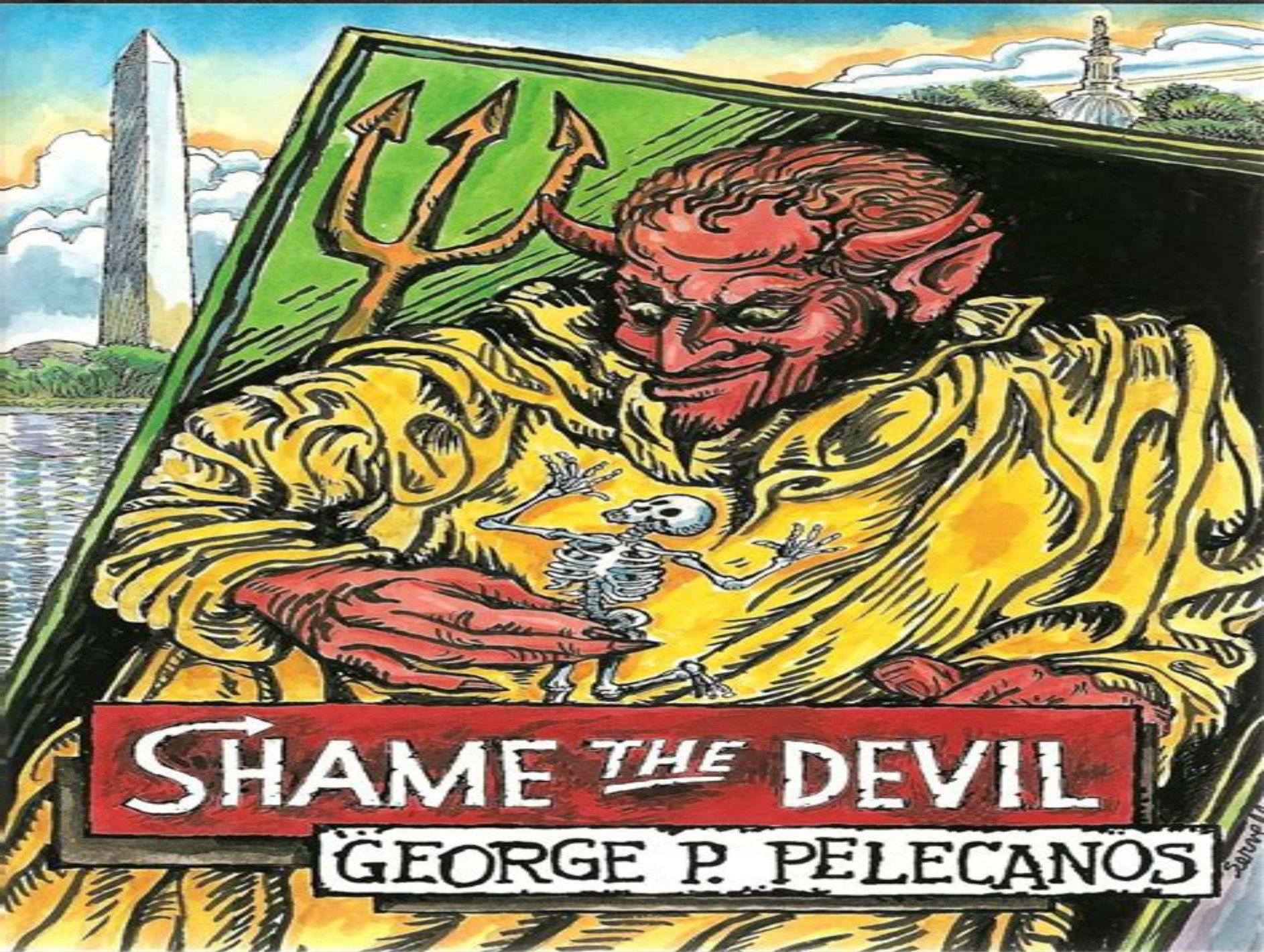




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kartoffeln oder das brot für eine kohlenhydratarme ernährung so erreichst du den