

Gabi Schierz · Gabi Vallenthin

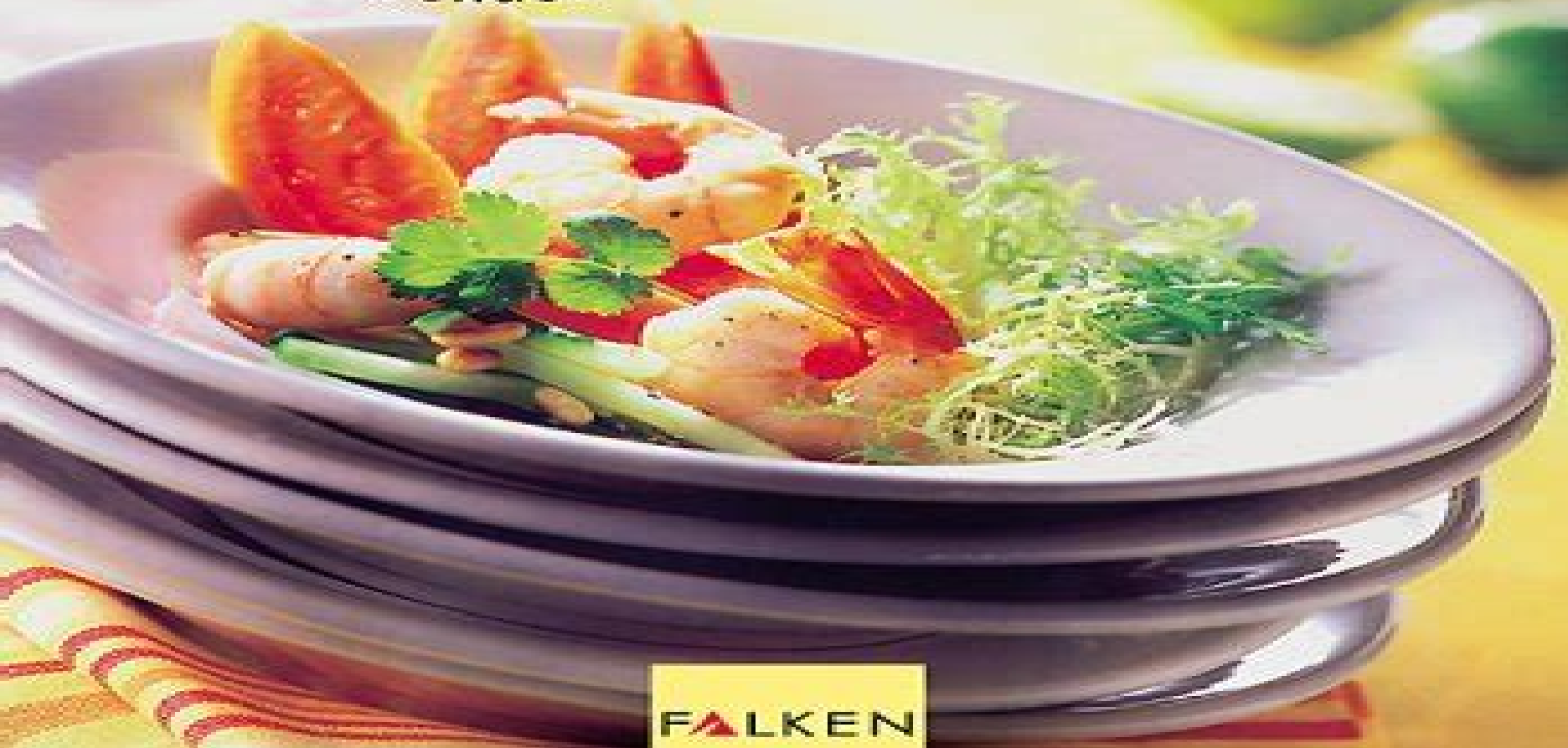
LOWFAT30

Die besten
Rezepte

Mehr
power



& Genuss



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Lowfat 30 Die Besten Rezepte Mehr Power Und Genuß

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Veröffentlichungen ,2002 **LowFat 30. Die besten Rezepte.** Gabi Schierz,Gabi Vallenthin,2002 *Low fat 30* Gabi Schierz,2006 **Low Fett 30** Gabi Schierz,Gabi Vallenthin,2006 *Low fat 30 - die schnellsten Rezepte* Gabi Schierz,Gabi Vallenthin,Anja Halveland,2004-01 Das Kochbuch mit dem Pocketschieber Die schnellsten Rezepte für alle die Ihre Zeit nicht nur in der Küche verbringen wollen denn Kochen bringt zwar Spaß aber das gilt ja auch für viele andere Dinge Und damit auch im Supermarkt das Einkaufen flott geht gibt es den Pocketschieber Hier können Sie ganz schnell sehen ob ein Produkt zur LOW FETT 30 Gruppe gehört oder nicht Und darauf sollten Sie achten denn wer konsequent nur LOW FETT 30 Produkte im Haus hat der kann ja gar nicht sändigen Abnehmen mit dem Erfolgskonzept Das LOW FETT 30 Konzept ist so erfolgreich weil es auf einer ganz einfachen Grundlage beruht Wenn wir Fett einsparen nehmen wir auch wesentlich weniger Kalorien zu uns denn Fett ist der Nahrungsbestandteil der pro Gramm die meisten Kalorien liefert Allerdings dürfen wir nicht ganz auf Fett verzichten denn viele Abläufe in unserem Körper funktionieren nur wenn lebenswichtige Fettanteile vorhanden sind Deshalb LOW FETT 30 Hier wurde der Fettanteil in der Nahrung so gezielt vermindert dass nicht mehr als 30 % der Kalorien aus dem Fett stammen So gibt es keine gesundheitlichen Probleme und dem Abnehmen steht nichts im Weg *Low fat 30 Wok* Gabi Schierz,Gabi Vallenthin,2005 *Die besten Low-Fat Rezepte* Gunther Hölz,Helmut Million,2000

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