

Dammann Hans

Kernbereichsschutz bei Durchsuchungen Rezeptklassiker Low Carb Fritz Kroll Bettina Snowdon

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wenig kohlenhydrate viel genuss wer auf eine gesunde ernährung wert legt oder ein paar kilos loswerden will kommt heute an low carb kaum mehr vorbei denn unser kohlenhydrat bzw zuckerinput übersteigt bei unserer bewegungsarmen lebensweise bei weitem unseren bedarf wir essen sogar drei bis viermal mehr zucker als gut für uns ist wissenschaftlich sind die vielen vorteile der kohlenhydratarmen ernährungsweise längst erwiesen und ihre positive wirkung auf figur gesundheit und wohlbeinden nahezu unumstritten doch muss man deshalb auf all seine lieblingsgerichte und rezeptklassiker verzichten lieblingsrezepte als low carb variante wie eine gesunde low carb ernährung ganz ohne geschmackseinbußen gelingt zeigt bettina snowdon anhand von rezepten in denen sie die kohlenhydratreichen zutaten geschickt ersetzt geliebte klassiker wie kartoffelsalat serviettenknödel risotto pasta mit bolognese oder pizza auch himbeer sahne torte nuss nugat brotaufstrich oder muffins sie alle dürfen auf dem speiseplan bleiben als leckere low carb variante das buch enthält über 130 rezepte mit allen wichtigen nährwertangaben pro portion dazu gibt es wissenswerte informationen sowie sieben regeln für eine gesunde low

carb ernährung auswahl der rezepte frühstück beeren knuspermüsli mandelporridge nuss schoko aufstrich suppen kartoffelsuppe tomatensuppe mit hackbällchen erbsensuppe salate italienischer nudelsalat eiersalat hauptgerichte mit fleisch pasta bolognese currywurst cheeseburger vegetarisches käsespätzle falafel getränke melonendrink pfirsich apfel eistee süßes und desserts kaiserschmarrn brownies tiramisu

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