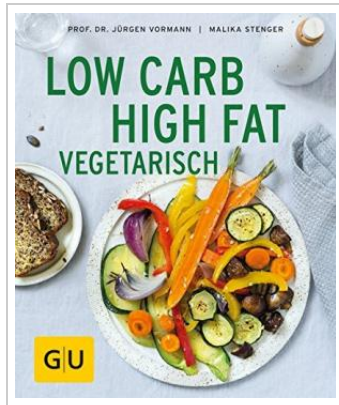



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Low Carb High Fat vegetarisch

By Malika Stenger

Graefe Und Unzer Verlag Feb 2018, 2018. Taschenbuch. Condition: Neu. Neuware - LCHF funktioniert auch ohne Fleisch! Was wir essen entscheidet darüber, wie sich Nahrung auf unseren Körper und unsere Umwelt auswirkt. Immer mehr Menschen ernähren sich deswegen vegetarisch oder legen ab und an einen vegetarischen Tag ein. Und dass eine kohlenhydratarme, fettreiche Nahrung den Stoffwechsel auf Fettabbau umprogrammiert und die Pfunde purzeln lässt, ist mittlerweile auch bekannt. Oft wird mit einer Low Carb Ernährung erhöhter Fleischkonsum oder der Begriff 'High Protein' in Verbindung gebracht, aber nur die Wenigsten wissen, wie die verschiedenen Verstoffwechselungen funktionieren und ineinandergreifen. Low carb high fat und vegetarisch Dann darf man doch bald gar nichts mehr essen, oder - Weit gefehlt! Nach einer kurzen Einführung zu warum vegetarisch, warum Low Carb High Fat und wieso man beide Ernährungsformen kombinieren sollte, zeigen rund 80 Rezepte, wie vielseitig und schmackhaft die LCHF-Küche für Vege- und Flexitarier sein kann. 128 pp. Deutsch.



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