



Clean Eating: Das Kochbuch (Iss Dich gesund!) (German Edition)

Christina Wiedemann

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Schlank und fit durch natürliche Ernährung

Wer sich gesund und ausgewogen ernähren möchte, kommt an Clean Eating nicht vorbei! Dieser spannende Ernährungstrend setzt vor allem auf Natürlichkeit: Auf den Tisch kommen frische, unbehandelte Nahrungsmittel voller Vitamine und Nährstoffe, die möglichst wenig industriell verarbeitet wurden. Fertigprodukte, Fast Food, Weißmehl und Zucker werden vom Speiseplan gestrichen, dafür gibt es reichlich Gemüse und Obst, Vollkorn, Hülsenfrüchte, hochwertige Fette sowie Milchprodukte, Eier, Fleisch und Fisch in Maßen. Das Clean-Eating-Konzept ist also völlig unkompliziert und lässt sich damit problemlos in den Alltag integrieren.

Mit unseren köstlichen Rezepten für jeden Tag fällt der Einstieg ganz leicht, und auch für erfahrene Clean Eater halten wir tolle Anregungen bereit: Leckere Ideen fürs Frühstück und für den kleinen Hunger, sättigende Hauptgerichte mit und ohne Fisch und Fleisch und sogar verlockende Süßspeisen und Gebäck. Eine ausführliche Einleitung liefert zudem alles, was Sie über Clean Eating wissen müssen.

- Der spannende Ernährungstrend Clean Eating setzt auf Natürlichkeit: Im Mittelpunkt stehen frische Nahrungsmittel, die möglichst wenig industriell verarbeitet wurden
- Tolle Anregungen für Einsteiger und erfahrene Clean Eater: Leckere Ideen fürs Frühstück und für den kleinen Hunger, sättigende Hauptgerichte mit und ohne Fisch und Fleisch sowie verlockende Süßspeisen und Gebäck
- Eine ausführliche Einleitung liefert alle wissenswerten Infos über Clean Eating
- Jedes Rezept mit brilliantem Foto und ausführlicher Schritt-für-Schritt-Anleitung

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From reader reviews:

Lucille Wood:

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In this period of time globalization it is important to someone to get information. The information will make professionals understand the condition of the world. The fitness of the world makes the information easier to share. You can find a lot of references to get information example: internet, magazine, book, and soon. You will see that now, a lot of publisher in which print many kinds of book. Often the book that recommended to you is Clean Eating: Das Kochbuch (Iss Dich gesund!) (German Edition) this guide consist a lot of the information with the condition of this world now. This specific book was represented how do the world has

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