



# Die Joghurt-Blitz Diät (German Edition)

*Claire de Luna*

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**Die Joghurt-Blitz Diät (German Edition)** Claire de Luna

Joghurt ist ein Schlankmacher, den Wissenschaftler auf der ganzen Welt empfehlen. Perfekt, wenn man vor dem Urlaub noch ruck, zuck abnehmen möchten.

Drei Tages - Plan mit Einkaufsliste und leckeren Rezepten.

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