



Fatburner - Das Kochbuch: Leckere Rezepte zum Fett verbrennen (Iss Dich gesund!) (German Edition)

Naumann & Göbel Verlag

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Schlankwerden bei vollem Genuss!

Abnehmen und auf Dauer schlank bleiben - mit Fatburnern ist das gar kein Problem, denn diese Lebensmittel kurbeln gezielt den Stoffwechsel an und sorgen dafür, dass die Fettverbrennung auf Hochtouren läuft. Welche Fatburner-Lebensmittel die richtigen sind und wie sie diese optimal kombinieren, erfahren Sie in der ausführlichen Einleitung dieses Buches. Zusätzlich sorgen mehr als 60 abwechslungsreiche und einfach nachzukochende Rezepte für Frühstück, Snacks, Hauptgerichte und Süßspeisen dafür, dass die Pfunde ganz leicht schmelzen - und das bei vollem Genuss.

- Ausführliche Einleitung und leicht umsetzbare Tipps zum Einstieg in das Trendthema Fatburner
- Über 60 köstliche Rezepte für Frühstück, Snacks, Hauptgerichte und Süßspeisen, mit denen die Pfunde bei vollem Genuss ganz leicht purzeln
- Jedes Rezept mit brillantem Foto und ausführlicher Schritt-für-Schritt-Anleitung

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Mary Bunch:

Why? Because this Fatburner - Das Kochbuch: Leckere Rezepte zum Fett verbrennen (Iss Dich gesund!) (German Edition) is an unordinary book that the inside of the guide waiting for you to snap that but latter it will shock you with the secret this inside. Reading this book beside it was fantastic author who write the book in such amazing way makes the content inside easier to understand, entertaining means but still convey the meaning fully. So , it is good for you for not hesitating having this anymore or you going to regret it. This phenomenal book will give you a lot of rewards than the other book include such as help improving your skill and your critical thinking means. So , still want to hold off having that book? If I have been you I will go to the e-book store hurriedly.

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