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DASH-DIÄT;T. DAS KOCHBUCH FÜR DIE SCHNELLE KÜCHE ZU HAUSE, IM BÜRO UND UNTERWEGS



Condition: New. Publisher/Verlag: Bengelmann, M. | Die Deutsche DASH-Diät gegen Adipositas, Salzexzeß und Hypertonie nach der "Formula Dr. Rathgeber". Mit einem Grundriß der DASH-Lebensmittelkunde, DASH-Ernährungslehre und DASH-Kochlehre. Dash Diet. Die SOS-Diät - Schlank Ohne Salzexzeß. Die No-Salt-Added-Diät. The German DASH-Diet for Weight Loss. The German DASH-Diet for Hypertension. The No-Salt-Added-Diet. 94 Rezepte für DASH-Food und DASH-Drinks (Säfte, Mixgetränke, Shakes und Smoothies) | DASH-Diät-Kochbuch für die schnelle Küche zu Hause, im Büro und unterwegs. DAS BASISBUCH FOR STARTERS. Für Vegetarier, Veganer...

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- Authored by Rathgeber, Walter / Plattner, Gerda
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