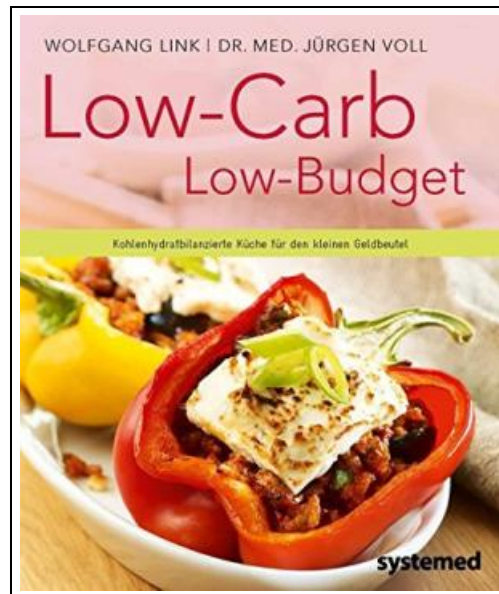


Low-Carb - Low Budget.



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Reviews

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(Mabelle Dach III)

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Systemed Verlag Okt 2013, 2013. Taschenbuch. Book Condition: Neu. 198x167x7 mm. Neuware - Low-Carb ist nicht unbezahlbar! Höchstens für die Gesundheit und fürs Wohlbefinden. Großen Genuss für kleines Geld verspricht dieser spannende neue Küchenratgeber. Mit raffinierten, preiswerten Rezeptideen und vielen cleveren Geldsparund Einkaufstipps bringen der Diätkoch und Küchenmeister Wolfgang Link und der Internist und Homöopath Dr. Jürgen Voll die Low-Carb-Küche fürs kleine Budget auf den Punkt. Präzise Menüplanung, die richtigen Mengen einkaufen, nichts verschwenden, saisonale Angebote nutzen, Lockangebote vermeiden - wenn man weiß, was und wann und wo und wie kann man in der gesunden Küche ganz schön Geld sparen. Besonders, wenn mehrere hungrige Low-Carb-Fans am Familientisch sitzen! - Kompaktes LOGI-Wissen. - 40 Rezepte, reich bebildert. - Viele To-do-Fotos. - Vier spannende Titel aus der neuen, attraktiven systemed- Küchenratgeberreihe. - Geballtes Low-Carb-Wissen im kompakten Format. - Low-Carb-Tipps und -Tricks von den LOGI-Assen im systemed Verlag. - Viel Inhalt zum kleinen Preis. 68 pp. Deutsch.



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