



Vegan abnehmen: Mit 60 Blitzrezepten (German Edition)

Sylvie Hinderberger

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Die gesündeste Diät der Welt.

Kein verbissenes Kalorienzählen, sondern lustvolles Abnehmen mit Genuss. Das verspricht uns die vegane Küche. Dabei ist vegane Ernährung per se noch keine Diät, jedoch der Grundstein für ein ganzheitlich gesundes Bewusstsein in Balance mit sich selbst und der Umwelt. Mit den richtigen Tipps der Food-Autorin Sylvie Hinderberger (Intervallfasten, Verzicht auf Kohlenhydrate) purzeln die Pfunde dann fast von allein. Ziel ist dabei nicht das kurzfristige Glücksgefühl auf der Waage, gefolgt von dem berüchtigten Jo-Jo-Effekt, sondern eine langfristige Ernährungsumstellung, ganz ohne Eiweiß- und Mineralstoffmangel. Als prominentes Beispiel dient uns dabei Attila Hildmann, der durch die Umstellung auf vegane Kost 35 Kilo abspeckte. Mit 60 Blitzrezepten und liebevoller Gestaltung und einem kleinen Extra zum Thema „Apartment Gardening“, Grünes von Balkon und Fensterbank für Smoothies und Co. selber ziehen.

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