



Die 2-Tage-Diät: 2 Tage reduzieren, 5 Tage normal essen - Garantiert abnehmen (German Edition)

Michelle Harvie, Tony Howell

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Die perfekte Abnehmwoche: 2 Tage Diät, 5 Tage normal essen

Ja, es ist wirklich so simpel, wie es sich anhört! Statt jeden Tag mühsam Kalorien zu zählen, reicht es aus, zwei Tage Diät zu halten und sich die restlichen fünf Wochentage normal und vernünftig zu ernähren. Das ist nicht nur leicht umzusetzen, dieses Erfolgskonzept bewirkt auch, dass man sich gesünder und fitter fühlt. Die Diät basiert auf neuen wissenschaftlichen Erkenntnissen, die die Autoren in langjährigen Tests und Studien gewonnen haben. Zwei statt sieben Tage Diät halten, mit gleicher Wirkung – ein unschlagbares Argument für alle, die nach einer einfachen Abnehmlösung suchen!

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