



5+2= schlank: So leicht kann Abnehmen sein: 5 Tage essen, 2 Tage reduzieren (German Edition)

Rosalyn Kate Harrison

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Eine Teilzeitdiät machen und trotzdem abnehmen – ist das möglich? Ja, und es ist das Erfolgsgeheimnis der 5:2-Diät. Indem man an nur zwei Tagen in der Woche weniger isst und sich an den restlichen fünf Tagen normal ernährt, erhält man mit weniger Stress gleiche Resultate wie bei einer Vollzeitdiät. Kate Harrison beschreibt als begeisterte Nutzerin fundiert, persönlich und lesernah, wie man die 5:2-Diät an seine individuellen Bedürfnisse anpasst und warum die Diät so gesund ist. Mit Tagebucheinträgen, Tipps, Menüplänen und tollen Rezepten zum nachkochen.

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