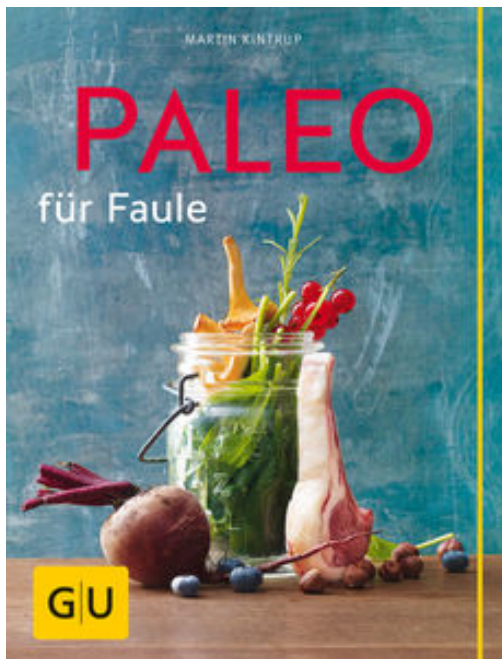


Scaricare Paleo Für Faule PDF Gratis - Martin Kintrup



Scaricare o Leggere Online Paleo für Faule Martin Kintrup PDF Gratis, Paleos alter Schule wussten, wie man sich gut ernährt: mit schnellem, leichtem Powerfood. Nach einem harten Tag in der Wildnis machten sie sich es gerne bequem. Setzten schnell aufs Feuer, was stark macht und fit: Gemüse, Früchte, Fisch, Eier, Geflügel und Fleisch. Nüsse und Kräuter gaben den natürlichen Zutaten Aroma und Würze. So mögen es auch moderne Paleos - und wollen am Herd nicht lange fackeln: Paleo für Faule bietet vom Höhlenfrühstück bis zum Dessert alltagstaugliche Fitmacher-Gerichte. Sie sind in 20, maximal 30 Minuten fertig. Und das Beste: Alle Zutaten gibt es im Supermarkt! Getreide, Zucker, Milchprodukte und Hülsenfrüchte sind tabu. Dafür gibt es schlank machende, cleane Lebensmittel ohne künstliche Zusatzstoffe, nach dem Motto: Simplify your Food! Garnelen-Rührei mit Zucchini, Rindersteak mit Bärlauchsauce, Sesam-Pfannkuchen mit Lachs oder Dattel-Walnuss-Pralinen zeigen:

Mit Zutaten aus dem Supermarkt wird Paleo easy und yummy!

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