



Nie wieder dick!: So gelingt`s!: - Die 30g-Fett-Methode - (German Edition)

Susanne Schmidt

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Zum Wunschgewicht ohne Hungern und Kalorienzählen – das ist das Prinzip von Susanne Schmidt. Ihre einzigartige Methode ist keine Diät, ganz im Gegenteil: Hier isst man sich rundum satt mit allem, was schmeckt. Das Besondere: Es werden pro Tag nicht mehr als 30 g Fett verzehrt. Eine dauerhafte Ernährungsumstellung lässt die Pfunde schnell und bequem purzeln – ohne Heißhungerattacken und Jo-Jo-Effekt. Mit vielen leckeren Rezepten und simplen Fetttabellen schlank werden und bleiben – so unkompliziert war Abnehmen noch nie!

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