



I Love Real Food 2 (German Edition)

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Wie in dem Vorläufer "I love real food" geht es auch hier wieder um gutes Essen. Essen, für das unser Körper gemacht ist. Frisch, saisonal, gesund. Und das unkompliziert! Ohne jegliche Getreideprodukte und raffinierten Zucker, dafür mit guten Fetten, frischen Produkten und nährenden Lebensmitteln. Paleo/Paläo heisst diese Art Ernährung, wo auf gute Herkunft des Fleisches und Fisches, saisonale Küche und die Frische der Produkte geachtet wird. Ohne Verluste kochen und essen geniessen, das ist das Ziel dieses Buches.

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