



# Low Carb Mittagessen: Abnehmen ohne Kohlenhydrate (German Edition)

*Klara Voss*

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## Abnehmen mit Low Carb Mittagessen

**Das kleine 1x1 der Low-Carb-Ernährung** Vielerorts wird die Low-Carb-Ernährung als eine „neue“ und besonders gesunde Ernährungsweise angepriesen. Dass Low-Carb gesund ist, steht außer Zweifel – „neu“ ist es allerdings nicht, denn tatsächlich zählten die Grundbausteine der Low-Carb-Ernährung Wurzeln, Obst, Nüsse, Samen, Eiweiß und gesunde Fette über Jahrtausende zu den hauptsächlichen Nahrungsmitteln der Menschen. Erst vor etwa 10.000 Jahren ergänzten Getreideprodukte unseren Speiseplan und so kam es zu einer Verschiebung der Nährstoffaufnahme zugunsten der Kohlenhydrate. **Was genau sind eigentlich Kohlenhydrate?** Kohlenhydrate sind, wie Proteine und Fette, Energielieferanten. Sie sind zusammengesetzt aus verschiedenen Zuckermolekülen, zum Beispiel aus Glukose. In dieser Form kommen sie auch im Blut vor, nämlich als Blutzucker. Je nach Menge und Struktur der einzelnen Bausteine werden Kohlenhydrate unterschieden in einfache Kohlenhydrate (schnell verfügbar, leicht verdaulich), komplexe Kohlenhydrate (langsam verfügbar, schwerer verdaulich) oder unverwertbare Kohlenhydrate bzw. Ballaststoffe (unverdaulich). Der menschliche Verdauungstrakt kann die unverwertbaren Kohlenhydrate nicht spalten, darum werden sie unverdaut wieder ausgeschieden. Allerdings regen sie die Darmtätigkeit an und binden teilweise Giftstoffe.

## Low Carb Rezepte

Salate, Suppen , Fleischgerichte , Fischgerichte , Desserts , Smoothies

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#### **Jackie Ballesteros:**

Why don't make it to be your habit? Right now, try to prepare your time to do the important take action, like looking for your favorite book and reading a guide. Beside you can solve your trouble; you can add your knowledge by the book entitled Low Carb Mittagessen: Abnehmen ohne Kohlenhydrate (German Edition). Try to the actual book Low Carb Mittagessen: Abnehmen ohne Kohlenhydrate (German Edition) as your close friend. It means that it can to become your friend when you really feel alone and beside those of course make you smarter than in the past. Yeah, it is very fortunated for you personally. The book makes you a lot more confidence because you can know everything by the book. So , we should make new experience as well as knowledge with this book.

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#### **Violet Iverson:**

A lot of people always spent their own free time to vacation as well as go to the outside with them family or their friend. Were you aware? Many a lot of people spent many people free time just watching TV, or maybe playing video games all day long. If you want to try to find a new activity here is look different you can read the book. It is really fun for you personally. If you enjoy the book you read you can spent the whole day to reading a guide. The book Low Carb Mittagessen: Abnehmen ohne Kohlenhydrate (German Edition) it doesn't matter what good to read. There are a lot of individuals who recommended this book. They were enjoying reading this book. When you did not have enough space to bring this book you can buy typically the e-book. You can m0ore simply to read this book out of your smart phone. The price is not too expensive but this book offers high quality.

#### **Gordon Frederick:**

Reading can called mind hangout, why? Because when you are reading a book mainly book entitled Low Carb Mittagessen: Abnehmen ohne Kohlenhydrate (German Edition) your mind will drift away trough every dimension, wandering in most aspect that maybe mysterious for but surely can become your mind friends. Imaging each and every word written in a book then become one web form conclusion and explanation in

which maybe you never get before. The Low Carb Mittagessen: Abnehmen ohne Kohlenhydrate (German Edition) giving you another experience more than blown away your thoughts but also giving you useful data for your better life with this era. So now let us teach you the relaxing pattern is your body and mind are going to be pleased when you are finished reading it, like winning an activity. Do you want to try this extraordinary wasting spare time activity?

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