



# Low-Carb - Low Budget: Kohlenhydratbilanzierte Küche für den kleinen Geldbeutel. (German Edition)

*Jürgen, Dr. med. Voll, Wolfgang Link*

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Höchstens für die Gesundheit und fürs Wohlbefinden.

Großen Genuss für kleines Geld verspricht dieser spannende neue Küchenratgeber. Mit raffinierten, preiswerten Rezeptideen und vielen cleveren Geldsparund Einkaufstipps bringen der Diätkoch und Küchenmeister Wolfgang Link und der Internist und Homöopath Dr. Jürgen Voll die Low-Carb-Küche fürs kleine Budget auf den Punkt. Präzise Menüplanung, die richtigen Mengen einkaufen, nichts verschwenden, saisonale

Angebote nutzen, Lockangebote vermeiden - wenn man weiß, was und wann und wo und wie kann man in der gesunden Küche ganz schön Geld sparen. Besonders, wenn mehrere hungrige Low-Carb-Fans am Familientisch sitzen!

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