



Unfassbar schlank!: Meine Erfahrung mit Metabolic Balance (German Edition)

Leonie Graf

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Werden Sie unverschämt schlank! Nicht lachen, mit Metabolic Balance passiert genau das. Und zwar schneller, als Sie glauben.

Dies hier ist kein langatmiges Buch über richtige Ernährung, über mentales Training oder über die Xte Diät. Sondern es ist ein Erfahrungsbericht, wie die Methode Metabolic Balance die Pfunde purzeln lässt. Locker und lustig geschrieben, von einer, die es ausprobiert hat und begeistert ist.

Mit ausführlichem Ernährungsplan für die strenge Phase, einer Lebensmittel-Liste, vielen Infos und Tipps zur dauerhaften Gewichtsabnahme ohne Jojo-Effekt.

Denn Metabolic Balance ist keine Diät, sondern eine dauerhafte Ernährungsumstellung.

Man muss nur wissen, wie.

Und nun machen Sie Ihren Traum wahr: Werden Sie unfassbar schlank!

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