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ernährungsplan mit 81 seiten 8 detaillierte wochenpläne und 60 verschiedene rezepte der sommer steht vor der tür doch es gibt ein problem du hast noch nicht wirklich deinen sommer body dieser plan hilft dir dabei binnen acht wochen fit für den strand zu werden es warten 60 verschiedene rezepte auf dich mit denen du deinem ziel stück für stück näher kommst dabei ist der 8 wöchige ernährungsplan nicht darauf ausgelegt dass du viel gewicht verlierst vielmehr soll er dir helfen deine kurven zu straffen die vielfalt der gerichte bietet dir die möglichkeit jederzeit frei deine mahlzeiten zu wählen zudem gibt es immer eine vegane alternative deinem beach body steht also nichts mehr im weg insbesondere die vielfalt dieses ernährungsplans macht ihn zu deinem optimalen begleiter auf dem weg zum beach body geh den ersten schritt und starte den download

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