



Die Joghurt-Blitz Diät (German Edition)

Claire de Luna

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Joghurt ist ein Schlankmacher, den Wissenschaftler auf der ganzen Welt empfehlen. Perfekt, wenn man vor dem Urlaub noch ruck, zuck abnehmen möchten.

Drei Tages - Plan mit Einkaufsliste und leckeren Rezepten.

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