

Kohlenhydrate



Fleisch

0g



Fisch

0g



Käse

0g



Eier

0,7g



Fette & Öle

0g



Fleischprodukte

1g



Gemüse

2g+



Meeresfrüchte

1g+



Milchprodukte

2g+



Nüsse

4g+



Beeren

5g+

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# Low Carb Di T Kohlenhydrate Bergewicht

**Thomas Griffiths**



**Low Carb Di T Kohlenhydrate Bergewicht:**

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