Aktuelle Posts

Zum Wochenstart noch was süsses 😍🥰

Joghurt-Milchreis mit Erdbeeren

Auch Figurbewusste dürfen sich zur Motivation ab und an mal etwas gönnen. Der Milchreis eignet sich dazu sehr gut, da er viele Kohlenhydrate bei einem moderaten Fettgehalt liefert.

Zum Rezept 👉[https://fitnews-online.de/himmelbach?id=1183](https://fitnews-online.de/himmelbach?id=1183&fbclid=IwAR0tDjVeuwGjMq2V6OKhuUcBuIeZIjj96msOO_qdOTN7meUcd8sBfnxSa88)

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Zum Wochenende hin noch ein leckeres Rezept 🤩

Curry-Drumsticks

Dieses Gericht ist kalorien- und kohlenhydratarm und liefert durch das Hähnchenfleisch hochwertiges Eiweiß. Zwar ist der Fettgehalt vergleichsweise hoch, doch da das Gericht insgesamt wenige Kalorien hat, ist die Menge an Fett trotzdem noch relativ gering. So lange die Tagesbilanz stimmt, besteht also kein Grund zur Sorge!

Zum Rezept 👉[https://fitnews-online.de/himmelbach?id=1184](https://l.facebook.com/l.php?u=https%3A%2F%2Ffitnews-online.de%2Fhimmelbach%3Fid%3D1184%26fbclid%3DIwAR2Uizu4wxYYPMyGYTiiwtJGwkMwbxLbiIem8VmQ_0ECQCTEJN4nZP496JQ&h=AT3wLrMChhTU2h4UJOTLZZFYF3KmvH0uCuYeByADTGVTEYmrp0-5A5aShwyZmK-bSCFaAJhg0XYsTooKMm29ixWSHKJGGwJYvIL_zr9TQ0UUIEcuIiDRqTdToIX8xpXbAg&__tn__=-UK-R&c%5b0%5d=AT0aL7tay1fR9VTzP_JYyjlkO12tfklowivaNSq4Lm3YALh_10RgTrPo8h-GeLJ80gUr0pThJmXKjarVBbZtQjk5rpZSdXi2P7NLoVN0B5valMcS_rj5yL95Pt5F8ch50DJ6l8hLc3gkadqGEViMGCMhjgmZUKLEy39HDwVym39AnAh87_svq6DaRXECkwBOl3MlI80Lf9xrwQk07jQC7Gwr1XWlj6F6wejI4mH4mjiGxmJPWg)

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Mal wieder ein Rezept 🤩. Schmeckt wirklich lecker......

Gebratener Lachs auf Spargel

Dieses Gericht hat einen sehr geringen Kohlenhydratgehalt und eignet sich daher hervorragend bei einer Low Carb-Diät. Der Fisch liefert Ihrem Körper viel Eiweiß, sowie ungesättigte Fettsäuren und das Spurenelement Iod.

Zum Rezept 👉[https://fitnews-online.de/himmelbach?id=1169](https://l.facebook.com/l.php?u=https%3A%2F%2Ffitnews-online.de%2Fhimmelbach%3Fid%3D1169%26fbclid%3DIwAR0tDjVeuwGjMq2V6OKhuUcBuIeZIjj96msOO_qdOTN7meUcd8sBfnxSa88&h=AT2aSoRllu0mdMsS-UWAsDHNv0Fumc8d3tYH_V8ZYRzsKjz00Dkg61ErHbLxV3AMjfZZSnyVFL4pjiwn3BcAGyB6z1D3VAsnKob5h7Zmsz9M_8DYWqZxputO_5KobMp6og&__tn__=-UK-R&c%5b0%5d=AT0KeYiCZWT4RgV-nZddocZl_pxu0XLg9s16gRLLd_fnqFrdL3gRywoVsUuraJTMDMDisZ0y0CzhexaeQUkbF7Tdr4k7zMpudeGcRHdRV-TsbcD48OB7rT7sqlvBogYxMTyvoxlkXnqK_6sUgKosnryg7e1rax5TBQ3QTyCeAgZSLa8jFdYuFy66WSfAeN5OkEXnUO9G_NkY2waIXZtjicnmHAAIgh7xi5Kd5-fd8l5r0LlBAA)

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Mmmmh lecker!!

Bratreis mit Chinakohl, Möhren und Ingwer

Dieses Gericht ist kalorien- und fettarm und liefert durch den Reis viele sättigende komplexe Kohlenhydrate. Chinakohl und Möhren sorgen außerdem für Vitamine und Mineralstoffe.

Zur Rezept 👉[https://fitnews-online.de/himmelbach?id=1127](https://fitnews-online.de/himmelbach?id=1127&fbclid=IwAR2X_lfj8b8RK4ld6nvRPRBFeYGkG7MXbiSP-oDMeuPJu852Sj4uuu8Vg0Q)

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Wisst ihr noch nicht, was ihr morgen kochen sollt 🤷?

Apfel-Carpaccio mit Feldsalat und geräucherter Entenbrust wäre eine Idee 😍

Dieses Gericht ist kalorienarm und sehr gesund. Durch die Entenbrust erhält Dein Körper wichtige Proteine, die Äpfel sind vitaminreich und der Feldsalat enthält Mineralstoffe und Spurenelemente.

Zum Rezept 👉[https://fitnews-online.de/himmelbach?id=1146](https://fitnews-online.de/himmelbach?id=1146&fbclid=IwAR309tbRnPqUvzaLBvdD7b8mp_RUv78qJLVwpg7vDbo3kB3Qpk4rYUqbtyI)

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Noch keine Idee für's Mittagessen?

Wie wär's mit einem Hähnchen-Rucola-Salat mit Pinienkernen

Dieser Salat eignet sich durch den geringen Kohlenhydratanteil hervorragend bei einer Low-Carb-Diät und versorgt den Körper mit reichlich hochwertigen Proteinen aus dem mageren Hähnchenbrustfilet. Das Hähnchenfleisch passt hervorragend in den Salat und ist sehr schmackhaft!

Zum Rezept 👉[https://fitnews-online.de/himmelbach?id=1039](https://fitnews-online.de/himmelbach?id=1039&fbclid=IwAR0cdaR0zyJKOkp5KiDXx9a8BzxrTreeAdNMrhZKvuZwURjTcKaS50006oQ)

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Warum sind Ballaststoffe gesund? 🤔

In diesem Video beantwortet dir Dagmar von Cramm folgende Fragen: Welche Vor- und Nachteile haben Ballaststoffe, wieviel Ballastoffe sollte man pro Tag zu sich nehmen, bei welchen Krankheiten sollte man auf Ballaststoffe verzichten und wie kann man mehr Ballaststoffe in seinen Alltag integrieren?

Möchtest du noch mehr über gesunde Ernährung erfahren? Schau rein unter 👉[https://fitnews-online.de/himmelbach?id=1115](https://fitnews-online.de/himmelbach?id=1115&fbclid=IwAR3BcRq2vFe_DSnZfLYi2NPpnysNRB0zuBjAH84KPPeM7Lr8KF_0AekSQA4)

oder lass dich von einem unserer Kuranbierter beraten: [https://www.stoffwechselkurschweiz.ch/kuranbieter.html](https://l.facebook.com/l.php?u=https%3A%2F%2Fwww.stoffwechselkurschweiz.ch%2Fkuranbieter.html%3Ffbclid%3DIwAR1TuxHw97Gq5oYa3QnlCaoHxrnhXNINwLpimuFueXG8cQsTD0uqNAUZTeQ&h=AT0CGJsTf-JwPlargwxZdtvmE-2pjt3po0RRj3SkA3zKc-gi7iIPzl575MYADb60YH6PorMkz0qIUMiwLxsVoqmHSEjgxTplRLDiP-xVbL_nxpAqLhn6DDAvrKl55Fc3lA&__tn__=-UK-R&c%5b0%5d=AT0gwRB6rw218VJ4hWHI07Z4QjbdrTyRy1Yy7VoskvMYyqUE7dTwBz6mw7kpK5mS_Kd2_Cuo5EEd3veCZX-oF41F13u2kqy9TN5koqrMi-9RwbwyZcS_xbm8TGREFptyQtDApYtsDopbe6f8ZxNmvD2NayiHE60Rb__RVsS4unSJNVjEJzMHdlM4U6Lok2mvQQmyjMm6miATjCGoX3EnIsHclXc-Gp6BGkvHrKVdTipP9HaPtw)

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Wollt ihr mit Joggen in die neue Woche starten?

Was ihr dabei beachten müsst und worauf es ankommt, könnt ihr in folgendem Bericht lesen 👉[https://fitnews-online.de/himmelbach?id=1099](https://fitnews-online.de/himmelbach?id=1099&fbclid=IwAR2Uizu4wxYYPMyGYTiiwtJGwkMwbxLbiIem8VmQ_0ECQCTEJN4nZP496JQ)

Wir wünschen euch einen guten Start in die neue Woche. Mit viel Power und Elan 🤩

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