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)

[#stoffwechselkurschweiz](https://www.facebook.com/hashtag/stoffwechselkurschweiz?__eep__=6&__cft__%5b0%5d=AZUyvjqtc8REkAxRHMqg_X5gLLp2nWc_8HAsqlHhFgpAp016XsKdXQxPMT8_cy6MmI_CFpI0Jhuwr1HiWxwLQ8-x8de_vUKIYD7ItdQw0CWqlzlY8I8V1SPW2iR3gAV-vplNC9BQR_SPDI304XY20UA49AMO4KlSGF4O-9e1R8Rj_z_LWpcbS6lTSsH93MheSU2guAHzVP0HeAdf-XvAYh2WK6AQlgEiPaxR-V2kMRxReQ&__tn__=*NK-R) [#rezept](https://www.facebook.com/hashtag/rezept?__eep__=6&__cft__%5b0%5d=AZUyvjqtc8REkAxRHMqg_X5gLLp2nWc_8HAsqlHhFgpAp016XsKdXQxPMT8_cy6MmI_CFpI0Jhuwr1HiWxwLQ8-x8de_vUKIYD7ItdQw0CWqlzlY8I8V1SPW2iR3gAV-vplNC9BQR_SPDI304XY20UA49AMO4KlSGF4O-9e1R8Rj_z_LWpcbS6lTSsH93MheSU2guAHzVP0HeAdf-XvAYh2WK6AQlgEiPaxR-V2kMRxReQ&__tn__=*NK-R) [#stoffwechelkur](https://www.facebook.com/hashtag/stoffwechelkur?__eep__=6&__cft__%5b0%5d=AZUyvjqtc8REkAxRHMqg_X5gLLp2nWc_8HAsqlHhFgpAp016XsKdXQxPMT8_cy6MmI_CFpI0Jhuwr1HiWxwLQ8-x8de_vUKIYD7ItdQw0CWqlzlY8I8V1SPW2iR3gAV-vplNC9BQR_SPDI304XY20UA49AMO4KlSGF4O-9e1R8Rj_z_LWpcbS6lTSsH93MheSU2guAHzVP0HeAdf-XvAYh2WK6AQlgEiPaxR-V2kMRxReQ&__tn__=*NK-R) [#gesundleben](https://www.facebook.com/hashtag/gesundleben?__eep__=6&__cft__%5b0%5d=AZUyvjqtc8REkAxRHMqg_X5gLLp2nWc_8HAsqlHhFgpAp016XsKdXQxPMT8_cy6MmI_CFpI0Jhuwr1HiWxwLQ8-x8de_vUKIYD7ItdQw0CWqlzlY8I8V1SPW2iR3gAV-vplNC9BQR_SPDI304XY20UA49AMO4KlSGF4O-9e1R8Rj_z_LWpcbS6lTSsH93MheSU2guAHzVP0HeAdf-XvAYh2WK6AQlgEiPaxR-V2kMRxReQ&__tn__=*NK-R) [#gesundessen](https://www.facebook.com/hashtag/gesundessen?__eep__=6&__cft__%5b0%5d=AZUyvjqtc8REkAxRHMqg_X5gLLp2nWc_8HAsqlHhFgpAp016XsKdXQxPMT8_cy6MmI_CFpI0Jhuwr1HiWxwLQ8-x8de_vUKIYD7ItdQw0CWqlzlY8I8V1SPW2iR3gAV-vplNC9BQR_SPDI304XY20UA49AMO4KlSGF4O-9e1R8Rj_z_LWpcbS6lTSsH93MheSU2guAHzVP0HeAdf-XvAYh2WK6AQlgEiPaxR-V2kMRxReQ&__tn__=*NK-R)

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)

[#stoffwechselkurschweiz](https://www.facebook.com/hashtag/stoffwechselkurschweiz?__eep__=6&__cft__%5b0%5d=AZWbFEmtekvSQwZnlqqofvupbh4TRltKy-hCxGAEGuzBgcitHl_wejsvvYb2z059Vy_KMGqv8apSdIaviMMOaXH3-dJKwDQTW11ukdiX8-jt5GZxwvIYnVbnCcKDUXmuE1Bff6I1SDHW338PSIxWqBy59Yz33n_uBqk576nS6du9R0D0YahxGjAeFh36nCbX7TrAPXma99fFnP93c-4nMBfjcqn-605TbkRb3TqF1oSBqg&__tn__=*NK-R) [#rezept](https://www.facebook.com/hashtag/rezept?__eep__=6&__cft__%5b0%5d=AZWbFEmtekvSQwZnlqqofvupbh4TRltKy-hCxGAEGuzBgcitHl_wejsvvYb2z059Vy_KMGqv8apSdIaviMMOaXH3-dJKwDQTW11ukdiX8-jt5GZxwvIYnVbnCcKDUXmuE1Bff6I1SDHW338PSIxWqBy59Yz33n_uBqk576nS6du9R0D0YahxGjAeFh36nCbX7TrAPXma99fFnP93c-4nMBfjcqn-605TbkRb3TqF1oSBqg&__tn__=*NK-R) [#stoffwechelkur](https://www.facebook.com/hashtag/stoffwechelkur?__eep__=6&__cft__%5b0%5d=AZWbFEmtekvSQwZnlqqofvupbh4TRltKy-hCxGAEGuzBgcitHl_wejsvvYb2z059Vy_KMGqv8apSdIaviMMOaXH3-dJKwDQTW11ukdiX8-jt5GZxwvIYnVbnCcKDUXmuE1Bff6I1SDHW338PSIxWqBy59Yz33n_uBqk576nS6du9R0D0YahxGjAeFh36nCbX7TrAPXma99fFnP93c-4nMBfjcqn-605TbkRb3TqF1oSBqg&__tn__=*NK-R) [#gesundleben](https://www.facebook.com/hashtag/gesundleben?__eep__=6&__cft__%5b0%5d=AZWbFEmtekvSQwZnlqqofvupbh4TRltKy-hCxGAEGuzBgcitHl_wejsvvYb2z059Vy_KMGqv8apSdIaviMMOaXH3-dJKwDQTW11ukdiX8-jt5GZxwvIYnVbnCcKDUXmuE1Bff6I1SDHW338PSIxWqBy59Yz33n_uBqk576nS6du9R0D0YahxGjAeFh36nCbX7TrAPXma99fFnP93c-4nMBfjcqn-605TbkRb3TqF1oSBqg&__tn__=*NK-R) [#gesundessen](https://www.facebook.com/hashtag/gesundessen?__eep__=6&__cft__%5b0%5d=AZWbFEmtekvSQwZnlqqofvupbh4TRltKy-hCxGAEGuzBgcitHl_wejsvvYb2z059Vy_KMGqv8apSdIaviMMOaXH3-dJKwDQTW11ukdiX8-jt5GZxwvIYnVbnCcKDUXmuE1Bff6I1SDHW338PSIxWqBy59Yz33n_uBqk576nS6du9R0D0YahxGjAeFh36nCbX7TrAPXma99fFnP93c-4nMBfjcqn-605TbkRb3TqF1oSBqg&__tn__=*NK-R)

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)

[#rezepte](https://www.facebook.com/hashtag/rezepte?__eep__=6&__cft__%5b0%5d=AZWcCCtCtcv1EGu4ItwYoOBFfWZiSI0hR4s2BMyemBSgMtEbvXi0sW42GFhw0TpIIHeAQQBrw1ZvtI9QEquZC7vQD-ZexD45hKPdqmSA0bYRUS6s8IQZV8rfBVYLuYi_3OVVnxXRCBvFFHyA4bZsZNJNSh1EzcWc57D9TiWGQHa0yLwWx2qe6GUysRBOKM_Je70KBMAYgZ-SYcZmWW-yAVsSemhlTNu9ifzbojnll0XnjA&__tn__=*NK-R) [#stoffwechselkur](https://www.facebook.com/hashtag/stoffwechselkur?__eep__=6&__cft__%5b0%5d=AZWcCCtCtcv1EGu4ItwYoOBFfWZiSI0hR4s2BMyemBSgMtEbvXi0sW42GFhw0TpIIHeAQQBrw1ZvtI9QEquZC7vQD-ZexD45hKPdqmSA0bYRUS6s8IQZV8rfBVYLuYi_3OVVnxXRCBvFFHyA4bZsZNJNSh1EzcWc57D9TiWGQHa0yLwWx2qe6GUysRBOKM_Je70KBMAYgZ-SYcZmWW-yAVsSemhlTNu9ifzbojnll0XnjA&__tn__=*NK-R) [#stoffwechselkurschweiz](https://www.facebook.com/hashtag/stoffwechselkurschweiz?__eep__=6&__cft__%5b0%5d=AZWcCCtCtcv1EGu4ItwYoOBFfWZiSI0hR4s2BMyemBSgMtEbvXi0sW42GFhw0TpIIHeAQQBrw1ZvtI9QEquZC7vQD-ZexD45hKPdqmSA0bYRUS6s8IQZV8rfBVYLuYi_3OVVnxXRCBvFFHyA4bZsZNJNSh1EzcWc57D9TiWGQHa0yLwWx2qe6GUysRBOKM_Je70KBMAYgZ-SYcZmWW-yAVsSemhlTNu9ifzbojnll0XnjA&__tn__=*NK-R) [#gesundessen](https://www.facebook.com/hashtag/gesundessen?__eep__=6&__cft__%5b0%5d=AZWcCCtCtcv1EGu4ItwYoOBFfWZiSI0hR4s2BMyemBSgMtEbvXi0sW42GFhw0TpIIHeAQQBrw1ZvtI9QEquZC7vQD-ZexD45hKPdqmSA0bYRUS6s8IQZV8rfBVYLuYi_3OVVnxXRCBvFFHyA4bZsZNJNSh1EzcWc57D9TiWGQHa0yLwWx2qe6GUysRBOKM_Je70KBMAYgZ-SYcZmWW-yAVsSemhlTNu9ifzbojnll0XnjA&__tn__=*NK-R) [#gesundleben](https://www.facebook.com/hashtag/gesundleben?__eep__=6&__cft__%5b0%5d=AZWcCCtCtcv1EGu4ItwYoOBFfWZiSI0hR4s2BMyemBSgMtEbvXi0sW42GFhw0TpIIHeAQQBrw1ZvtI9QEquZC7vQD-ZexD45hKPdqmSA0bYRUS6s8IQZV8rfBVYLuYi_3OVVnxXRCBvFFHyA4bZsZNJNSh1EzcWc57D9TiWGQHa0yLwWx2qe6GUysRBOKM_Je70KBMAYgZ-SYcZmWW-yAVsSemhlTNu9ifzbojnll0XnjA&__tn__=*NK-R) [#gesundheit](https://www.facebook.com/hashtag/gesundheit?__eep__=6&__cft__%5b0%5d=AZWcCCtCtcv1EGu4ItwYoOBFfWZiSI0hR4s2BMyemBSgMtEbvXi0sW42GFhw0TpIIHeAQQBrw1ZvtI9QEquZC7vQD-ZexD45hKPdqmSA0bYRUS6s8IQZV8rfBVYLuYi_3OVVnxXRCBvFFHyA4bZsZNJNSh1EzcWc57D9TiWGQHa0yLwWx2qe6GUysRBOKM_Je70KBMAYgZ-SYcZmWW-yAVsSemhlTNu9ifzbojnll0XnjA&__tn__=*NK-R)

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)

[#rezepte](https://www.facebook.com/hashtag/rezepte?__eep__=6&__cft__%5b0%5d=AZW_iVFHqIqkSt_40oZs1ICiKWAtdOtpvm4vi0lZJ2_4kdGt936-g1UhWI7FVcBPuFX8tRZVbsSdQiGCjdOldC8HVl6wRUVAsOYM2v_sBCgU9Kxw7zoR5WViwASxhACeIOiFvx5xEKnhswp1NU4F0gC6JoqeO7-pL907F2dK5k2tlL6iyIZ9cDWTmLGG9p_Anvxqfwq5eCDpuk1cYPI_b_Jq&__tn__=*NK-R) [#gesunderezepte](https://www.facebook.com/hashtag/gesunderezepte?__eep__=6&__cft__%5b0%5d=AZW_iVFHqIqkSt_40oZs1ICiKWAtdOtpvm4vi0lZJ2_4kdGt936-g1UhWI7FVcBPuFX8tRZVbsSdQiGCjdOldC8HVl6wRUVAsOYM2v_sBCgU9Kxw7zoR5WViwASxhACeIOiFvx5xEKnhswp1NU4F0gC6JoqeO7-pL907F2dK5k2tlL6iyIZ9cDWTmLGG9p_Anvxqfwq5eCDpuk1cYPI_b_Jq&__tn__=*NK-R) [#stoffwechselkur](https://www.facebook.com/hashtag/stoffwechselkur?__eep__=6&__cft__%5b0%5d=AZW_iVFHqIqkSt_40oZs1ICiKWAtdOtpvm4vi0lZJ2_4kdGt936-g1UhWI7FVcBPuFX8tRZVbsSdQiGCjdOldC8HVl6wRUVAsOYM2v_sBCgU9Kxw7zoR5WViwASxhACeIOiFvx5xEKnhswp1NU4F0gC6JoqeO7-pL907F2dK5k2tlL6iyIZ9cDWTmLGG9p_Anvxqfwq5eCDpuk1cYPI_b_Jq&__tn__=*NK-R) [#stoffwechselkurschweiz](https://www.facebook.com/hashtag/stoffwechselkurschweiz?__eep__=6&__cft__%5b0%5d=AZW_iVFHqIqkSt_40oZs1ICiKWAtdOtpvm4vi0lZJ2_4kdGt936-g1UhWI7FVcBPuFX8tRZVbsSdQiGCjdOldC8HVl6wRUVAsOYM2v_sBCgU9Kxw7zoR5WViwASxhACeIOiFvx5xEKnhswp1NU4F0gC6JoqeO7-pL907F2dK5k2tlL6iyIZ9cDWTmLGG9p_Anvxqfwq5eCDpuk1cYPI_b_Jq&__tn__=*NK-R) [#gesundleben](https://www.facebook.com/hashtag/gesundleben?__eep__=6&__cft__%5b0%5d=AZW_iVFHqIqkSt_40oZs1ICiKWAtdOtpvm4vi0lZJ2_4kdGt936-g1UhWI7FVcBPuFX8tRZVbsSdQiGCjdOldC8HVl6wRUVAsOYM2v_sBCgU9Kxw7zoR5WViwASxhACeIOiFvx5xEKnhswp1NU4F0gC6JoqeO7-pL907F2dK5k2tlL6iyIZ9cDWTmLGG9p_Anvxqfwq5eCDpuk1cYPI_b_Jq&__tn__=*NK-R) [#gesundessen](https://www.facebook.com/hashtag/gesundessen?__eep__=6&__cft__%5b0%5d=AZW_iVFHqIqkSt_40oZs1ICiKWAtdOtpvm4vi0lZJ2_4kdGt936-g1UhWI7FVcBPuFX8tRZVbsSdQiGCjdOldC8HVl6wRUVAsOYM2v_sBCgU9Kxw7zoR5WViwASxhACeIOiFvx5xEKnhswp1NU4F0gC6JoqeO7-pL907F2dK5k2tlL6iyIZ9cDWTmLGG9p_Anvxqfwq5eCDpuk1cYPI_b_Jq&__tn__=*NK-R) [#urkur](https://www.facebook.com/hashtag/urkur?__eep__=6&__cft__%5b0%5d=AZW_iVFHqIqkSt_40oZs1ICiKWAtdOtpvm4vi0lZJ2_4kdGt936-g1UhWI7FVcBPuFX8tRZVbsSdQiGCjdOldC8HVl6wRUVAsOYM2v_sBCgU9Kxw7zoR5WViwASxhACeIOiFvx5xEKnhswp1NU4F0gC6JoqeO7-pL907F2dK5k2tlL6iyIZ9cDWTmLGG9p_Anvxqfwq5eCDpuk1cYPI_b_Jq&__tn__=*NK-R) [#urkurschweiz](https://www.facebook.com/hashtag/urkurschweiz?__eep__=6&__cft__%5b0%5d=AZW_iVFHqIqkSt_40oZs1ICiKWAtdOtpvm4vi0lZJ2_4kdGt936-g1UhWI7FVcBPuFX8tRZVbsSdQiGCjdOldC8HVl6wRUVAsOYM2v_sBCgU9Kxw7zoR5WViwASxhACeIOiFvx5xEKnhswp1NU4F0gC6JoqeO7-pL907F2dK5k2tlL6iyIZ9cDWTmLGG9p_Anvxqfwq5eCDpuk1cYPI_b_Jq&__tn__=*NK-R)

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)

[#rezepte](https://www.facebook.com/hashtag/rezepte?__eep__=6&__cft__%5b0%5d=AZUNOIi4RrTTT8lG8PmqI5HWU6qjRGelv7CUsSEA0FNx5EZUuMmvGUrLJo8t5RmbWgMBKilVEvIf9V2LuZK-1RNBCuF0S40KEsB4lge7OmeI69_qBm5j55ClaZmTSEjUC36RdfuQRCjzcz138GhkG7td2i0ZWIGku5HjqfxJCR3CNwP_1ygAtdjh16b6OK2NmLJvn14oh65kv6cz5iLmxcbA&__tn__=*NK-R) [#rezept](https://www.facebook.com/hashtag/rezept?__eep__=6&__cft__%5b0%5d=AZUNOIi4RrTTT8lG8PmqI5HWU6qjRGelv7CUsSEA0FNx5EZUuMmvGUrLJo8t5RmbWgMBKilVEvIf9V2LuZK-1RNBCuF0S40KEsB4lge7OmeI69_qBm5j55ClaZmTSEjUC36RdfuQRCjzcz138GhkG7td2i0ZWIGku5HjqfxJCR3CNwP_1ygAtdjh16b6OK2NmLJvn14oh65kv6cz5iLmxcbA&__tn__=*NK-R) [#stoffwechselkurschweiz](https://www.facebook.com/hashtag/stoffwechselkurschweiz?__eep__=6&__cft__%5b0%5d=AZUNOIi4RrTTT8lG8PmqI5HWU6qjRGelv7CUsSEA0FNx5EZUuMmvGUrLJo8t5RmbWgMBKilVEvIf9V2LuZK-1RNBCuF0S40KEsB4lge7OmeI69_qBm5j55ClaZmTSEjUC36RdfuQRCjzcz138GhkG7td2i0ZWIGku5HjqfxJCR3CNwP_1ygAtdjh16b6OK2NmLJvn14oh65kv6cz5iLmxcbA&__tn__=*NK-R) [#stoffwechselkur](https://www.facebook.com/hashtag/stoffwechselkur?__eep__=6&__cft__%5b0%5d=AZUNOIi4RrTTT8lG8PmqI5HWU6qjRGelv7CUsSEA0FNx5EZUuMmvGUrLJo8t5RmbWgMBKilVEvIf9V2LuZK-1RNBCuF0S40KEsB4lge7OmeI69_qBm5j55ClaZmTSEjUC36RdfuQRCjzcz138GhkG7td2i0ZWIGku5HjqfxJCR3CNwP_1ygAtdjh16b6OK2NmLJvn14oh65kv6cz5iLmxcbA&__tn__=*NK-R) [#guteküche](https://www.facebook.com/hashtag/gutek%C3%BCche?__eep__=6&__cft__%5b0%5d=AZUNOIi4RrTTT8lG8PmqI5HWU6qjRGelv7CUsSEA0FNx5EZUuMmvGUrLJo8t5RmbWgMBKilVEvIf9V2LuZK-1RNBCuF0S40KEsB4lge7OmeI69_qBm5j55ClaZmTSEjUC36RdfuQRCjzcz138GhkG7td2i0ZWIGku5HjqfxJCR3CNwP_1ygAtdjh16b6OK2NmLJvn14oh65kv6cz5iLmxcbA&__tn__=*NK-R) [#urkurschweiz](https://www.facebook.com/hashtag/urkurschweiz?__eep__=6&__cft__%5b0%5d=AZUNOIi4RrTTT8lG8PmqI5HWU6qjRGelv7CUsSEA0FNx5EZUuMmvGUrLJo8t5RmbWgMBKilVEvIf9V2LuZK-1RNBCuF0S40KEsB4lge7OmeI69_qBm5j55ClaZmTSEjUC36RdfuQRCjzcz138GhkG7td2i0ZWIGku5HjqfxJCR3CNwP_1ygAtdjh16b6OK2NmLJvn14oh65kv6cz5iLmxcbA&__tn__=*NK-R)

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)

[#rezepte](https://www.facebook.com/hashtag/rezepte?__eep__=6&__cft__%5b0%5d=AZUNOIi4RrTTT8lG8PmqI5HWU6qjRGelv7CUsSEA0FNx5EZUuMmvGUrLJo8t5RmbWgMBKilVEvIf9V2LuZK-1RNBCuF0S40KEsB4lge7OmeI69_qBm5j55ClaZmTSEjUC36RdfuQRCjzcz138GhkG7td2i0ZWIGku5HjqfxJCR3CNwP_1ygAtdjh16b6OK2NmLJvn14oh65kv6cz5iLmxcbA&__tn__=*NK-R) [#rezept](https://www.facebook.com/hashtag/rezept?__eep__=6&__cft__%5b0%5d=AZUNOIi4RrTTT8lG8PmqI5HWU6qjRGelv7CUsSEA0FNx5EZUuMmvGUrLJo8t5RmbWgMBKilVEvIf9V2LuZK-1RNBCuF0S40KEsB4lge7OmeI69_qBm5j55ClaZmTSEjUC36RdfuQRCjzcz138GhkG7td2i0ZWIGku5HjqfxJCR3CNwP_1ygAtdjh16b6OK2NmLJvn14oh65kv6cz5iLmxcbA&__tn__=*NK-R) [#stoffwechselkurschweiz](https://www.facebook.com/hashtag/stoffwechselkurschweiz?__eep__=6&__cft__%5b0%5d=AZUNOIi4RrTTT8lG8PmqI5HWU6qjRGelv7CUsSEA0FNx5EZUuMmvGUrLJo8t5RmbWgMBKilVEvIf9V2LuZK-1RNBCuF0S40KEsB4lge7OmeI69_qBm5j55ClaZmTSEjUC36RdfuQRCjzcz138GhkG7td2i0ZWIGku5HjqfxJCR3CNwP_1ygAtdjh16b6OK2NmLJvn14oh65kv6cz5iLmxcbA&__tn__=*NK-R) [#stoffwechselkur](https://www.facebook.com/hashtag/stoffwechselkur?__eep__=6&__cft__%5b0%5d=AZUNOIi4RrTTT8lG8PmqI5HWU6qjRGelv7CUsSEA0FNx5EZUuMmvGUrLJo8t5RmbWgMBKilVEvIf9V2LuZK-1RNBCuF0S40KEsB4lge7OmeI69_qBm5j55ClaZmTSEjUC36RdfuQRCjzcz138GhkG7td2i0ZWIGku5HjqfxJCR3CNwP_1ygAtdjh16b6OK2NmLJvn14oh65kv6cz5iLmxcbA&__tn__=*NK-R) [#guteküche](https://www.facebook.com/hashtag/gutek%C3%BCche?__eep__=6&__cft__%5b0%5d=AZUNOIi4RrTTT8lG8PmqI5HWU6qjRGelv7CUsSEA0FNx5EZUuMmvGUrLJo8t5RmbWgMBKilVEvIf9V2LuZK-1RNBCuF0S40KEsB4lge7OmeI69_qBm5j55ClaZmTSEjUC36RdfuQRCjzcz138GhkG7td2i0ZWIGku5HjqfxJCR3CNwP_1ygAtdjh16b6OK2NmLJvn14oh65kv6cz5iLmxcbA&__tn__=*NK-R) [#urkurschweiz](https://www.facebook.com/hashtag/urkurschweiz?__eep__=6&__cft__%5b0%5d=AZUNOIi4RrTTT8lG8PmqI5HWU6qjRGelv7CUsSEA0FNx5EZUuMmvGUrLJo8t5RmbWgMBKilVEvIf9V2LuZK-1RNBCuF0S40KEsB4lge7OmeI69_qBm5j55ClaZmTSEjUC36RdfuQRCjzcz138GhkG7td2i0ZWIGku5HjqfxJCR3CNwP_1ygAtdjh16b6OK2NmLJvn14oh65kv6cz5iLmxcbA&__tn__=*NK-R)

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)

[#darm](https://www.facebook.com/hashtag/darm?__eep__=6&__cft__%5b0%5d=AZWdZMPWXnceDZGZdX796PKx1n7D1gnNywnebqK6SMpXDR-Z_g9nHJfdYa6-h_j8CWzFxk48124RBfl6esbW82gGveFPHUo7HWegdQd5PujVKGE8_GmBG2H7gaDXTcZjEwvgBkN25w_6Eq7BE3uEJe9wB2VP8UHshpXTkM0oZKxxIq0nxWc0plkDOE64KwbQfaitIFXg-3A357_A8jpoQH3Z8bsgqGt2_0Y8hhgHdaN0_w&__tn__=*NK-R) [#darmgesund](https://www.facebook.com/hashtag/darmgesund?__eep__=6&__cft__%5b0%5d=AZWdZMPWXnceDZGZdX796PKx1n7D1gnNywnebqK6SMpXDR-Z_g9nHJfdYa6-h_j8CWzFxk48124RBfl6esbW82gGveFPHUo7HWegdQd5PujVKGE8_GmBG2H7gaDXTcZjEwvgBkN25w_6Eq7BE3uEJe9wB2VP8UHshpXTkM0oZKxxIq0nxWc0plkDOE64KwbQfaitIFXg-3A357_A8jpoQH3Z8bsgqGt2_0Y8hhgHdaN0_w&__tn__=*NK-R) [#darmflora](https://www.facebook.com/hashtag/darmflora?__eep__=6&__cft__%5b0%5d=AZWdZMPWXnceDZGZdX796PKx1n7D1gnNywnebqK6SMpXDR-Z_g9nHJfdYa6-h_j8CWzFxk48124RBfl6esbW82gGveFPHUo7HWegdQd5PujVKGE8_GmBG2H7gaDXTcZjEwvgBkN25w_6Eq7BE3uEJe9wB2VP8UHshpXTkM0oZKxxIq0nxWc0plkDOE64KwbQfaitIFXg-3A357_A8jpoQH3Z8bsgqGt2_0Y8hhgHdaN0_w&__tn__=*NK-R) [#darmsanierung](https://www.facebook.com/hashtag/darmsanierung?__eep__=6&__cft__%5b0%5d=AZWdZMPWXnceDZGZdX796PKx1n7D1gnNywnebqK6SMpXDR-Z_g9nHJfdYa6-h_j8CWzFxk48124RBfl6esbW82gGveFPHUo7HWegdQd5PujVKGE8_GmBG2H7gaDXTcZjEwvgBkN25w_6Eq7BE3uEJe9wB2VP8UHshpXTkM0oZKxxIq0nxWc0plkDOE64KwbQfaitIFXg-3A357_A8jpoQH3Z8bsgqGt2_0Y8hhgHdaN0_w&__tn__=*NK-R) [#darmreinigung](https://www.facebook.com/hashtag/darmreinigung?__eep__=6&__cft__%5b0%5d=AZWdZMPWXnceDZGZdX796PKx1n7D1gnNywnebqK6SMpXDR-Z_g9nHJfdYa6-h_j8CWzFxk48124RBfl6esbW82gGveFPHUo7HWegdQd5PujVKGE8_GmBG2H7gaDXTcZjEwvgBkN25w_6Eq7BE3uEJe9wB2VP8UHshpXTkM0oZKxxIq0nxWc0plkDOE64KwbQfaitIFXg-3A357_A8jpoQH3Z8bsgqGt2_0Y8hhgHdaN0_w&__tn__=*NK-R) [#darmgesundheit](https://www.facebook.com/hashtag/darmgesundheit?__eep__=6&__cft__%5b0%5d=AZWdZMPWXnceDZGZdX796PKx1n7D1gnNywnebqK6SMpXDR-Z_g9nHJfdYa6-h_j8CWzFxk48124RBfl6esbW82gGveFPHUo7HWegdQd5PujVKGE8_GmBG2H7gaDXTcZjEwvgBkN25w_6Eq7BE3uEJe9wB2VP8UHshpXTkM0oZKxxIq0nxWc0plkDOE64KwbQfaitIFXg-3A357_A8jpoQH3Z8bsgqGt2_0Y8hhgHdaN0_w&__tn__=*NK-R) [#darmmitcharme](https://www.facebook.com/hashtag/darmmitcharme?__eep__=6&__cft__%5b0%5d=AZWdZMPWXnceDZGZdX796PKx1n7D1gnNywnebqK6SMpXDR-Z_g9nHJfdYa6-h_j8CWzFxk48124RBfl6esbW82gGveFPHUo7HWegdQd5PujVKGE8_GmBG2H7gaDXTcZjEwvgBkN25w_6Eq7BE3uEJe9wB2VP8UHshpXTkM0oZKxxIq0nxWc0plkDOE64KwbQfaitIFXg-3A357_A8jpoQH3Z8bsgqGt2_0Y8hhgHdaN0_w&__tn__=*NK-R) [#schweizerprodukt](https://www.facebook.com/hashtag/schweizerprodukt?__eep__=6&__cft__%5b0%5d=AZWdZMPWXnceDZGZdX796PKx1n7D1gnNywnebqK6SMpXDR-Z_g9nHJfdYa6-h_j8CWzFxk48124RBfl6esbW82gGveFPHUo7HWegdQd5PujVKGE8_GmBG2H7gaDXTcZjEwvgBkN25w_6Eq7BE3uEJe9wB2VP8UHshpXTkM0oZKxxIq0nxWc0plkDOE64KwbQfaitIFXg-3A357_A8jpoQH3Z8bsgqGt2_0Y8hhgHdaN0_w&__tn__=*NK-R) [#schweizerprodukt](https://www.facebook.com/hashtag/schweizerprodukt?__eep__=6&__cft__%5b0%5d=AZWdZMPWXnceDZGZdX796PKx1n7D1gnNywnebqK6SMpXDR-Z_g9nHJfdYa6-h_j8CWzFxk48124RBfl6esbW82gGveFPHUo7HWegdQd5PujVKGE8_GmBG2H7gaDXTcZjEwvgBkN25w_6Eq7BE3uEJe9wB2VP8UHshpXTkM0oZKxxIq0nxWc0plkDOE64KwbQfaitIFXg-3A357_A8jpoQH3Z8bsgqGt2_0Y8hhgHdaN0_w&__tn__=*NK-R) [#stoffwechselkurrezepte](https://www.facebook.com/hashtag/stoffwechselkurrezepte?__eep__=6&__cft__%5b0%5d=AZWdZMPWXnceDZGZdX796PKx1n7D1gnNywnebqK6SMpXDR-Z_g9nHJfdYa6-h_j8CWzFxk48124RBfl6esbW82gGveFPHUo7HWegdQd5PujVKGE8_GmBG2H7gaDXTcZjEwvgBkN25w_6Eq7BE3uEJe9wB2VP8UHshpXTkM0oZKxxIq0nxWc0plkDOE64KwbQfaitIFXg-3A357_A8jpoQH3Z8bsgqGt2_0Y8hhgHdaN0_w&__tn__=*NK-R) [#vegan](https://www.facebook.com/hashtag/vegan?__eep__=6&__cft__%5b0%5d=AZWdZMPWXnceDZGZdX796PKx1n7D1gnNywnebqK6SMpXDR-Z_g9nHJfdYa6-h_j8CWzFxk48124RBfl6esbW82gGveFPHUo7HWegdQd5PujVKGE8_GmBG2H7gaDXTcZjEwvgBkN25w_6Eq7BE3uEJe9wB2VP8UHshpXTkM0oZKxxIq0nxWc0plkDOE64KwbQfaitIFXg-3A357_A8jpoQH3Z8bsgqGt2_0Y8hhgHdaN0_w&__tn__=*NK-R) [#nahrungsergänzungsmittel](https://www.facebook.com/hashtag/nahrungserg%C3%A4nzungsmittel?__eep__=6&__cft__%5b0%5d=AZWdZMPWXnceDZGZdX796PKx1n7D1gnNywnebqK6SMpXDR-Z_g9nHJfdYa6-h_j8CWzFxk48124RBfl6esbW82gGveFPHUo7HWegdQd5PujVKGE8_GmBG2H7gaDXTcZjEwvgBkN25w_6Eq7BE3uEJe9wB2VP8UHshpXTkM0oZKxxIq0nxWc0plkDOE64KwbQfaitIFXg-3A357_A8jpoQH3Z8bsgqGt2_0Y8hhgHdaN0_w&__tn__=*NK-R) [#mikronährstoffe](https://www.facebook.com/hashtag/mikron%C3%A4hrstoffe?__eep__=6&__cft__%5b0%5d=AZWdZMPWXnceDZGZdX796PKx1n7D1gnNywnebqK6SMpXDR-Z_g9nHJfdYa6-h_j8CWzFxk48124RBfl6esbW82gGveFPHUo7HWegdQd5PujVKGE8_GmBG2H7gaDXTcZjEwvgBkN25w_6Eq7BE3uEJe9wB2VP8UHshpXTkM0oZKxxIq0nxWc0plkDOE64KwbQfaitIFXg-3A357_A8jpoQH3Z8bsgqGt2_0Y8hhgHdaN0_w&__tn__=*NK-R) [#nahrungsergänzungmittel](https://www.facebook.com/hashtag/nahrungserg%C3%A4nzungmittel?__eep__=6&__cft__%5b0%5d=AZWdZMPWXnceDZGZdX796PKx1n7D1gnNywnebqK6SMpXDR-Z_g9nHJfdYa6-h_j8CWzFxk48124RBfl6esbW82gGveFPHUo7HWegdQd5PujVKGE8_GmBG2H7gaDXTcZjEwvgBkN25w_6Eq7BE3uEJe9wB2VP8UHshpXTkM0oZKxxIq0nxWc0plkDOE64KwbQfaitIFXg-3A357_A8jpoQH3Z8bsgqGt2_0Y8hhgHdaN0_w&__tn__=*NK-R) [#nahrungsergänzung](https://www.facebook.com/hashtag/nahrungserg%C3%A4nzung?__eep__=6&__cft__%5b0%5d=AZWdZMPWXnceDZGZdX796PKx1n7D1gnNywnebqK6SMpXDR-Z_g9nHJfdYa6-h_j8CWzFxk48124RBfl6esbW82gGveFPHUo7HWegdQd5PujVKGE8_GmBG2H7gaDXTcZjEwvgBkN25w_6Eq7BE3uEJe9wB2VP8UHshpXTkM0oZKxxIq0nxWc0plkDOE64KwbQfaitIFXg-3A357_A8jpoQH3Z8bsgqGt2_0Y8hhgHdaN0_w&__tn__=*NK-R) [#veganfood](https://www.facebook.com/hashtag/veganfood?__eep__=6&__cft__%5b0%5d=AZWdZMPWXnceDZGZdX796PKx1n7D1gnNywnebqK6SMpXDR-Z_g9nHJfdYa6-h_j8CWzFxk48124RBfl6esbW82gGveFPHUo7HWegdQd5PujVKGE8_GmBG2H7gaDXTcZjEwvgBkN25w_6Eq7BE3uEJe9wB2VP8UHshpXTkM0oZKxxIq0nxWc0plkDOE64KwbQfaitIFXg-3A357_A8jpoQH3Z8bsgqGt2_0Y8hhgHdaN0_w&__tn__=*NK-R) [#nahrungsergänzungen](https://www.facebook.com/hashtag/nahrungserg%C3%A4nzungen?__eep__=6&__cft__%5b0%5d=AZWdZMPWXnceDZGZdX796PKx1n7D1gnNywnebqK6SMpXDR-Z_g9nHJfdYa6-h_j8CWzFxk48124RBfl6esbW82gGveFPHUo7HWegdQd5PujVKGE8_GmBG2H7gaDXTcZjEwvgBkN25w_6Eq7BE3uEJe9wB2VP8UHshpXTkM0oZKxxIq0nxWc0plkDOE64KwbQfaitIFXg-3A357_A8jpoQH3Z8bsgqGt2_0Y8hhgHdaN0_w&__tn__=*NK-R) [#stoffwechselkurvegan](https://www.facebook.com/hashtag/stoffwechselkurvegan?__eep__=6&__cft__%5b0%5d=AZWdZMPWXnceDZGZdX796PKx1n7D1gnNywnebqK6SMpXDR-Z_g9nHJfdYa6-h_j8CWzFxk48124RBfl6esbW82gGveFPHUo7HWegdQd5PujVKGE8_GmBG2H7gaDXTcZjEwvgBkN25w_6Eq7BE3uEJe9wB2VP8UHshpXTkM0oZKxxIq0nxWc0plkDOE64KwbQfaitIFXg-3A357_A8jpoQH3Z8bsgqGt2_0Y8hhgHdaN0_w&__tn__=*NK-R) [#stoffwechselkurschweiz](https://www.facebook.com/hashtag/stoffwechselkurschweiz?__eep__=6&__cft__%5b0%5d=AZWdZMPWXnceDZGZdX796PKx1n7D1gnNywnebqK6SMpXDR-Z_g9nHJfdYa6-h_j8CWzFxk48124RBfl6esbW82gGveFPHUo7HWegdQd5PujVKGE8_GmBG2H7gaDXTcZjEwvgBkN25w_6Eq7BE3uEJe9wB2VP8UHshpXTkM0oZKxxIq0nxWc0plkDOE64KwbQfaitIFXg-3A357_A8jpoQH3Z8bsgqGt2_0Y8hhgHdaN0_w&__tn__=*NK-R) [#vitalpaket](https://www.facebook.com/hashtag/vitalpaket?__eep__=6&__cft__%5b0%5d=AZWdZMPWXnceDZGZdX796PKx1n7D1gnNywnebqK6SMpXDR-Z_g9nHJfdYa6-h_j8CWzFxk48124RBfl6esbW82gGveFPHUo7HWegdQd5PujVKGE8_GmBG2H7gaDXTcZjEwvgBkN25w_6Eq7BE3uEJe9wB2VP8UHshpXTkM0oZKxxIq0nxWc0plkDOE64KwbQfaitIFXg-3A357_A8jpoQH3Z8bsgqGt2_0Y8hhgHdaN0_w&__tn__=*NK-R) [#urkur](https://www.facebook.com/hashtag/urkur?__eep__=6&__cft__%5b0%5d=AZWdZMPWXnceDZGZdX796PKx1n7D1gnNywnebqK6SMpXDR-Z_g9nHJfdYa6-h_j8CWzFxk48124RBfl6esbW82gGveFPHUo7HWegdQd5PujVKGE8_GmBG2H7gaDXTcZjEwvgBkN25w_6Eq7BE3uEJe9wB2VP8UHshpXTkM0oZKxxIq0nxWc0plkDOE64KwbQfaitIFXg-3A357_A8jpoQH3Z8bsgqGt2_0Y8hhgHdaN0_w&__tn__=*NK-R) [#stoffwechsel](https://www.facebook.com/hashtag/stoffwechsel?__eep__=6&__cft__%5b0%5d=AZWdZMPWXnceDZGZdX796PKx1n7D1gnNywnebqK6SMpXDR-Z_g9nHJfdYa6-h_j8CWzFxk48124RBfl6esbW82gGveFPHUo7HWegdQd5PujVKGE8_GmBG2H7gaDXTcZjEwvgBkN25w_6Eq7BE3uEJe9wB2VP8UHshpXTkM0oZKxxIq0nxWc0plkDOE64KwbQfaitIFXg-3A357_A8jpoQH3Z8bsgqGt2_0Y8hhgHdaN0_w&__tn__=*NK-R) [#stoffwechseldiät](https://www.facebook.com/hashtag/stoffwechseldi%C3%A4t?__eep__=6&__cft__%5b0%5d=AZWdZMPWXnceDZGZdX796PKx1n7D1gnNywnebqK6SMpXDR-Z_g9nHJfdYa6-h_j8CWzFxk48124RBfl6esbW82gGveFPHUo7HWegdQd5PujVKGE8_GmBG2H7gaDXTcZjEwvgBkN25w_6Eq7BE3uEJe9wB2VP8UHshpXTkM0oZKxxIq0nxWc0plkDOE64KwbQfaitIFXg-3A357_A8jpoQH3Z8bsgqGt2_0Y8hhgHdaN0_w&__tn__=*NK-R) [#stoffwechselkonzept](https://www.facebook.com/hashtag/stoffwechselkonzept?__eep__=6&__cft__%5b0%5d=AZWdZMPWXnceDZGZdX796PKx1n7D1gnNywnebqK6SMpXDR-Z_g9nHJfdYa6-h_j8CWzFxk48124RBfl6esbW82gGveFPHUo7HWegdQd5PujVKGE8_GmBG2H7gaDXTcZjEwvgBkN25w_6Eq7BE3uEJe9wB2VP8UHshpXTkM0oZKxxIq0nxWc0plkDOE64KwbQfaitIFXg-3A357_A8jpoQH3Z8bsgqGt2_0Y8hhgHdaN0_w&__tn__=*NK-R) [#stoffwechselprogramm](https://www.facebook.com/hashtag/stoffwechselprogramm?__eep__=6&__cft__%5b0%5d=AZWdZMPWXnceDZGZdX796PKx1n7D1gnNywnebqK6SMpXDR-Z_g9nHJfdYa6-h_j8CWzFxk48124RBfl6esbW82gGveFPHUo7HWegdQd5PujVKGE8_GmBG2H7gaDXTcZjEwvgBkN25w_6Eq7BE3uEJe9wB2VP8UHshpXTkM0oZKxxIq0nxWc0plkDOE64KwbQfaitIFXg-3A357_A8jpoQH3Z8bsgqGt2_0Y8hhgHdaN0_w&__tn__=*NK-R) [#stoffwechselankurbeln](https://www.facebook.com/hashtag/stoffwechselankurbeln?__eep__=6&__cft__%5b0%5d=AZWdZMPWXnceDZGZdX796PKx1n7D1gnNywnebqK6SMpXDR-Z_g9nHJfdYa6-h_j8CWzFxk48124RBfl6esbW82gGveFPHUo7HWegdQd5PujVKGE8_GmBG2H7gaDXTcZjEwvgBkN25w_6Eq7BE3uEJe9wB2VP8UHshpXTkM0oZKxxIq0nxWc0plkDOE64KwbQfaitIFXg-3A357_A8jpoQH3Z8bsgqGt2_0Y8hhgHdaN0_w&__tn__=*NK-R)

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 

[#startmitsport](https://www.facebook.com/hashtag/startmitsport?__eep__=6&__cft__%5b0%5d=AZXLt1h4W6TSO0vNz5-CZlrjhpRUZO2D1KzlG8v8HRtbfr9nsoUZk-zJb8SX1IAkUlgheu8rWTCo9U2vULFNPKMdAyP7TwyA1SzLhAjLLcyack6ttKLahQBZI8Ohwm49jBV-uhkFiRHHDXdnfSOeTYxy4DESbE5_k0sQX3P_wqXkO4-amUibvqZY_uPHVBoNnq8dA0d35r80E9cgcNBVAxqzVmTs1X3YhQyJ0rhmD8mVXw&__tn__=*NK-R) [#running](https://www.facebook.com/hashtag/running?__eep__=6&__cft__%5b0%5d=AZXLt1h4W6TSO0vNz5-CZlrjhpRUZO2D1KzlG8v8HRtbfr9nsoUZk-zJb8SX1IAkUlgheu8rWTCo9U2vULFNPKMdAyP7TwyA1SzLhAjLLcyack6ttKLahQBZI8Ohwm49jBV-uhkFiRHHDXdnfSOeTYxy4DESbE5_k0sQX3P_wqXkO4-amUibvqZY_uPHVBoNnq8dA0d35r80E9cgcNBVAxqzVmTs1X3YhQyJ0rhmD8mVXw&__tn__=*NK-R) [#joggen](https://www.facebook.com/hashtag/joggen?__eep__=6&__cft__%5b0%5d=AZXLt1h4W6TSO0vNz5-CZlrjhpRUZO2D1KzlG8v8HRtbfr9nsoUZk-zJb8SX1IAkUlgheu8rWTCo9U2vULFNPKMdAyP7TwyA1SzLhAjLLcyack6ttKLahQBZI8Ohwm49jBV-uhkFiRHHDXdnfSOeTYxy4DESbE5_k0sQX3P_wqXkO4-amUibvqZY_uPHVBoNnq8dA0d35r80E9cgcNBVAxqzVmTs1X3YhQyJ0rhmD8mVXw&__tn__=*NK-R) [#joggenmachtspass](https://www.facebook.com/hashtag/joggenmachtspass?__eep__=6&__cft__%5b0%5d=AZXLt1h4W6TSO0vNz5-CZlrjhpRUZO2D1KzlG8v8HRtbfr9nsoUZk-zJb8SX1IAkUlgheu8rWTCo9U2vULFNPKMdAyP7TwyA1SzLhAjLLcyack6ttKLahQBZI8Ohwm49jBV-uhkFiRHHDXdnfSOeTYxy4DESbE5_k0sQX3P_wqXkO4-amUibvqZY_uPHVBoNnq8dA0d35r80E9cgcNBVAxqzVmTs1X3YhQyJ0rhmD8mVXw&__tn__=*NK-R) [#urkur](https://www.facebook.com/hashtag/urkur?__eep__=6&__cft__%5b0%5d=AZXLt1h4W6TSO0vNz5-CZlrjhpRUZO2D1KzlG8v8HRtbfr9nsoUZk-zJb8SX1IAkUlgheu8rWTCo9U2vULFNPKMdAyP7TwyA1SzLhAjLLcyack6ttKLahQBZI8Ohwm49jBV-uhkFiRHHDXdnfSOeTYxy4DESbE5_k0sQX3P_wqXkO4-amUibvqZY_uPHVBoNnq8dA0d35r80E9cgcNBVAxqzVmTs1X3YhQyJ0rhmD8mVXw&__tn__=*NK-R) [#onlinemagazin](https://www.facebook.com/hashtag/onlinemagazin?__eep__=6&__cft__%5b0%5d=AZXLt1h4W6TSO0vNz5-CZlrjhpRUZO2D1KzlG8v8HRtbfr9nsoUZk-zJb8SX1IAkUlgheu8rWTCo9U2vULFNPKMdAyP7TwyA1SzLhAjLLcyack6ttKLahQBZI8Ohwm49jBV-uhkFiRHHDXdnfSOeTYxy4DESbE5_k0sQX3P_wqXkO4-amUibvqZY_uPHVBoNnq8dA0d35r80E9cgcNBVAxqzVmTs1X3YhQyJ0rhmD8mVXw&__tn__=*NK-R) [#gratismagazin](https://www.facebook.com/hashtag/gratismagazin?__eep__=6&__cft__%5b0%5d=AZXLt1h4W6TSO0vNz5-CZlrjhpRUZO2D1KzlG8v8HRtbfr9nsoUZk-zJb8SX1IAkUlgheu8rWTCo9U2vULFNPKMdAyP7TwyA1SzLhAjLLcyack6ttKLahQBZI8Ohwm49jBV-uhkFiRHHDXdnfSOeTYxy4DESbE5_k0sQX3P_wqXkO4-amUibvqZY_uPHVBoNnq8dA0d35r80E9cgcNBVAxqzVmTs1X3YhQyJ0rhmD8mVXw&__tn__=*NK-R) [#gratismagazine](https://www.facebook.com/hashtag/gratismagazine?__eep__=6&__cft__%5b0%5d=AZXLt1h4W6TSO0vNz5-CZlrjhpRUZO2D1KzlG8v8HRtbfr9nsoUZk-zJb8SX1IAkUlgheu8rWTCo9U2vULFNPKMdAyP7TwyA1SzLhAjLLcyack6ttKLahQBZI8Ohwm49jBV-uhkFiRHHDXdnfSOeTYxy4DESbE5_k0sQX3P_wqXkO4-amUibvqZY_uPHVBoNnq8dA0d35r80E9cgcNBVAxqzVmTs1X3YhQyJ0rhmD8mVXw&__tn__=*NK-R) [#onlinemagazines](https://www.facebook.com/hashtag/onlinemagazines?__eep__=6&__cft__%5b0%5d=AZXLt1h4W6TSO0vNz5-CZlrjhpRUZO2D1KzlG8v8HRtbfr9nsoUZk-zJb8SX1IAkUlgheu8rWTCo9U2vULFNPKMdAyP7TwyA1SzLhAjLLcyack6ttKLahQBZI8Ohwm49jBV-uhkFiRHHDXdnfSOeTYxy4DESbE5_k0sQX3P_wqXkO4-amUibvqZY_uPHVBoNnq8dA0d35r80E9cgcNBVAxqzVmTs1X3YhQyJ0rhmD8mVXw&__tn__=*NK-R) [#muskelaufbautraining](https://www.facebook.com/hashtag/muskelaufbautraining?__eep__=6&__cft__%5b0%5d=AZXLt1h4W6TSO0vNz5-CZlrjhpRUZO2D1KzlG8v8HRtbfr9nsoUZk-zJb8SX1IAkUlgheu8rWTCo9U2vULFNPKMdAyP7TwyA1SzLhAjLLcyack6ttKLahQBZI8Ohwm49jBV-uhkFiRHHDXdnfSOeTYxy4DESbE5_k0sQX3P_wqXkO4-amUibvqZY_uPHVBoNnq8dA0d35r80E9cgcNBVAxqzVmTs1X3YhQyJ0rhmD8mVXw&__tn__=*NK-R) [#muskelaufbautipps](https://www.facebook.com/hashtag/muskelaufbautipps?__eep__=6&__cft__%5b0%5d=AZXLt1h4W6TSO0vNz5-CZlrjhpRUZO2D1KzlG8v8HRtbfr9nsoUZk-zJb8SX1IAkUlgheu8rWTCo9U2vULFNPKMdAyP7TwyA1SzLhAjLLcyack6ttKLahQBZI8Ohwm49jBV-uhkFiRHHDXdnfSOeTYxy4DESbE5_k0sQX3P_wqXkO4-amUibvqZY_uPHVBoNnq8dA0d35r80E9cgcNBVAxqzVmTs1X3YhQyJ0rhmD8mVXw&__tn__=*NK-R) [#abnehmen](https://www.facebook.com/hashtag/abnehmen?__eep__=6&__cft__%5b0%5d=AZXLt1h4W6TSO0vNz5-CZlrjhpRUZO2D1KzlG8v8HRtbfr9nsoUZk-zJb8SX1IAkUlgheu8rWTCo9U2vULFNPKMdAyP7TwyA1SzLhAjLLcyack6ttKLahQBZI8Ohwm49jBV-uhkFiRHHDXdnfSOeTYxy4DESbE5_k0sQX3P_wqXkO4-amUibvqZY_uPHVBoNnq8dA0d35r80E9cgcNBVAxqzVmTs1X3YhQyJ0rhmD8mVXw&__tn__=*NK-R) [#gewichtverlieren](https://www.facebook.com/hashtag/gewichtverlieren?__eep__=6&__cft__%5b0%5d=AZXLt1h4W6TSO0vNz5-CZlrjhpRUZO2D1KzlG8v8HRtbfr9nsoUZk-zJb8SX1IAkUlgheu8rWTCo9U2vULFNPKMdAyP7TwyA1SzLhAjLLcyack6ttKLahQBZI8Ohwm49jBV-uhkFiRHHDXdnfSOeTYxy4DESbE5_k0sQX3P_wqXkO4-amUibvqZY_uPHVBoNnq8dA0d35r80E9cgcNBVAxqzVmTs1X3YhQyJ0rhmD8mVXw&__tn__=*NK-R) [#gesundleben](https://www.facebook.com/hashtag/gesundleben?__eep__=6&__cft__%5b0%5d=AZXLt1h4W6TSO0vNz5-CZlrjhpRUZO2D1KzlG8v8HRtbfr9nsoUZk-zJb8SX1IAkUlgheu8rWTCo9U2vULFNPKMdAyP7TwyA1SzLhAjLLcyack6ttKLahQBZI8Ohwm49jBV-uhkFiRHHDXdnfSOeTYxy4DESbE5_k0sQX3P_wqXkO4-amUibvqZY_uPHVBoNnq8dA0d35r80E9cgcNBVAxqzVmTs1X3YhQyJ0rhmD8mVXw&__tn__=*NK-R) [#nahrungsergänzung](https://www.facebook.com/hashtag/nahrungserg%C3%A4nzung?__eep__=6&__cft__%5b0%5d=AZXLt1h4W6TSO0vNz5-CZlrjhpRUZO2D1KzlG8v8HRtbfr9nsoUZk-zJb8SX1IAkUlgheu8rWTCo9U2vULFNPKMdAyP7TwyA1SzLhAjLLcyack6ttKLahQBZI8Ohwm49jBV-uhkFiRHHDXdnfSOeTYxy4DESbE5_k0sQX3P_wqXkO4-amUibvqZY_uPHVBoNnq8dA0d35r80E9cgcNBVAxqzVmTs1X3YhQyJ0rhmD8mVXw&__tn__=*NK-R) [#vitalersein](https://www.facebook.com/hashtag/vitalersein?__eep__=6&__cft__%5b0%5d=AZXLt1h4W6TSO0vNz5-CZlrjhpRUZO2D1KzlG8v8HRtbfr9nsoUZk-zJb8SX1IAkUlgheu8rWTCo9U2vULFNPKMdAyP7TwyA1SzLhAjLLcyack6ttKLahQBZI8Ohwm49jBV-uhkFiRHHDXdnfSOeTYxy4DESbE5_k0sQX3P_wqXkO4-amUibvqZY_uPHVBoNnq8dA0d35r80E9cgcNBVAxqzVmTs1X3YhQyJ0rhmD8mVXw&__tn__=*NK-R) [#gesundlebengesundbleiben](https://www.facebook.com/hashtag/gesundlebengesundbleiben?__eep__=6&__cft__%5b0%5d=AZXLt1h4W6TSO0vNz5-CZlrjhpRUZO2D1KzlG8v8HRtbfr9nsoUZk-zJb8SX1IAkUlgheu8rWTCo9U2vULFNPKMdAyP7TwyA1SzLhAjLLcyack6ttKLahQBZI8Ohwm49jBV-uhkFiRHHDXdnfSOeTYxy4DESbE5_k0sQX3P_wqXkO4-amUibvqZY_uPHVBoNnq8dA0d35r80E9cgcNBVAxqzVmTs1X3YhQyJ0rhmD8mVXw&__tn__=*NK-R)