

KRABIČKOVÁ DIÉTA

- Čo je to krabičková diéta? Je to jedálniček na chudnutie v krabičkách.
- Je to bezpečný spôsob ako schudnúť.
(<https://www.chudnutie-ako.sk/ako-schudnut>)
- Krabičková diéta je teda len iný názov pre rozdelenie celodenného jedla na 3 alebo 5 porcií. Tie sa pekne zabalia do krabičiek a v chladničke vás počkajú. Samozrejme, najmänejší je tento koncept ako profesionálna služba.
- Firma pripraví jedlá vhodné pri chudnutí. Vo veľkom.
- Naposledy ich na jednotlivé porcie, takže pripraví pre každého klienta raňajky, obed, večeru a prípadne desiatu s ošivantom.
- Rozvezie, takže klienti si len prevzomú svoju dennú dávku.
- Je to teda niečo ako keby ste si každý deň v reštaurácii dali spraviť do krabičiek jedlá. Alebo keby ste mali súkromného kuchára, ktorý sa o vás postará.

Nemecky Nazov Dieta Abecedy Slovak

Hussin A.Rothana



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