

Dammann Hans

Kernbereichsschutz bei Durchsuchungen
Rezeptklassiker Low Carb
Fritz Kroll Bettina Snowden
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straßprozessuale durchsuchungen ermöglichen tiefe einblicke in das
privatleben betroffener diese haben zu befürchten dass der staat bei
der suche nach beweismitteln auch in ihre höchstpersönliche sphere
vordringt und informationen erhebt die dem in der
menschenwürdegarantie wurzelnden kernbereich privater
lebensgestaltung zuzuordnen sind trotz der kernbereichsrelevanz von
durchsuchungen gibt es in der straßprozessordnung keine regelungen
zum schutz der intimsphere bei durchsuchungen fritz kroll analysiert
die aktuelle rechtslage und kommt zu dem ergebnis dass diese dem
verfassungsrechtlichen anspruch des einzelnen auf achtung seines
kernbereichs bei durchsuchungen nicht gerecht wird der autor zeigt
auf dass der gesetzgeber regelungen dazu einzuführen hat und
entwickelt einen vorschlag für einen wirksamen kernbereichsschutz de
lege ferenda

wenig kohlenhydrate viel genuss wer auf eine gesunde ernährung wert
legt oder ein paar kilos loswerden will kommt heute an low carb kaum
mehr vorbei denn unser kohlenhydrat bzw zuckerinput übersteigt bei
unserer bewegungsarmen lebensweise bei weitem unseren bedarf wir
essen sogar drei bis viermal mehr zucker als gut für uns ist
wissenschaftlich sind die vielen vorteile der kohlenhydratarmen
ernährungsweise längst erwiesen und ihre positive wirkung auf figur
gesundheit und wohlbefinden nahezu unumstritten doch muss man deshalb
auf all seine lieblingsgerichte und rezeptklassiker verzichten
lieblingsrezepte als low carb variante wie eine gesunde low carb
ernährung ganz ohne geschmackseinbußen gelingt zeigt bettina snowdon
anhand von rezepten in denen sie die kohlenhydratreichen zutaten
geschickt ersetzt geliebte klassiker wie kartoffelsalat
serviettenknödel risotto pasta mit bolognese oder pizza auch himbeer
sahne torte nuss nugat brotaufstrich oder muffins sie alle dürfen auf
dem speiseplan bleiben als leckere low carb variante das buch enthält
über 130 rezepte mit allen wichtigen nährwertangaben pro portion dazu
gibt es wissenswerte informationen sowie sieben regeln für eine

gesunde low carb ernährung auswahl der rezepte frühstück beeren knuspermüsli mandelporridge nuss schoko aufstrich suppen kartoffelsuppe tomatensuppe mit hackbällchen erbsensuppe salate italienischer nudelsalat eiersalat hauptgerichte mit fleisch pasta bolognese currywurst cheeseburger vegetarisches käsespätzle falafel getränke melonendrink pfirsich apfel eistee süßes und desserts kaiserschmarrn brownies tiramisu

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