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neben gesundem ausgewogenem essen ist vor allem die ideale vorbereitung der schlüssel zu sophia thiels traumfigur in ihrem neuen kochbuch erklärt sie wie sich mahlzeiten zeitsparend vorkochen praktisch verpacken und unterwegs oder im büro genießen lassen von der vorratshaltung über den wöchentlichen einkauf und die zubereitung bis zum transport wird das meal prepping detailliert erläutert dazu gibt sophia persönliche tipps für ein perfektes zeitmanagement oder die richtigen

küchenhelfer mit über 60 neuen rezepten sowie detaillierten meal prep plänen für einsteiger eilige vegetarier und profis kann jeder sofort loslegen und sich auch unterwegs gesund ernähren statt auf kalorienreiche snacks fast food und eintöniges kantinenessen zurückzugreifen

p fühlst du dich von deinem haushalt überfordert ständig im hintertreffen und nie wirklich in deiner eigenen wohnung angekommen dann ist dieses buch dein wendepunkt em strong endlich ruhe im karton strong em zeigt dir wie du mit einem einfachen 15 minuten system schritt für schritt ordnung klarheit und leichtigkeit in deinen alltag bringst ganz ohne druck ohne perfektionismus und ohne stundenlang aufzuräumen p p clara lindberg führt dich durch ein praxiserprobtes konzept das speziell für vielbeschäftigte menschen entwickelt wurde mit klaren anleitungen übersichtlichen mini aufgaben und alltagstauglichen routinen lernst du wie du chaos reduzierst stressfreie strukturen aufbaust und dauerhaft ordnung hältst p p strong in diesem buch erfährst du strong p ul li wie du mit kleinen täglichen schritten großen fortschritt erzielst li li wie du deine räume so organisierst dass sie dich unterstützen statt belasten li li wie du routinen schaffst die wirklich zu deinem leben passen li li wie du stress entscheidungsdruck und aufschieberitis hinter dir lässt li li wie du mehr wertvolle zeit für dich gewinnst ohne dein ganzes leben umzuwerfen li ul p dieses buch ist kein perfektionistisches ordnungsprogramm sondern ein freundliches realistisches system das dir hilft wieder luft zu holen räumlich mental und emotional br strong hol dir die ruhe zurück die du verdienst strong p

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