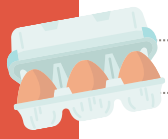
Meine LCHF Liste

Gemüse Kräuter & Pilze

Obst & Beeren

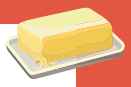
Nüsse & Samen

Fleisch, Fisch & Ei



Milchprodukte

Fette & Öle



Sonstiges