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lecker und ideal um den fettdepots an  
den kragen zu gehen selbst gemixte  
smoothies sind echte figurschmeichler  
damit die kilos purzeln ersetzen sie  
einfach eine mahlzeit pro tag durch  
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optische abwechslungs braucht aber  
nicht auf die pürierte portion energie

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das gemüse verleiht dem drink eine  
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