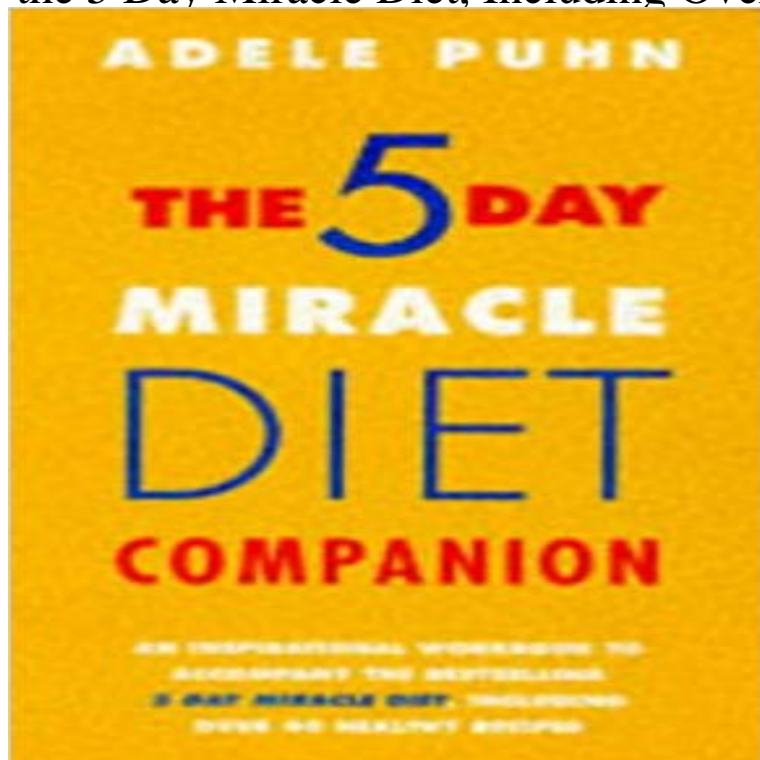


# The 5 Day Miracle Diet: Companion: The Essential Accompaniment to the 5 Day Miracle Diet, Including Over 40 Delicious Recipes



This companion to The 5 Day Miracle Diet is designed for the reader to keep a diary and make self-assessments during the process of losing weight. It also features 40 recipes, tips on shopping for the week ahead and managing the diet on holiday or social occasions.

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