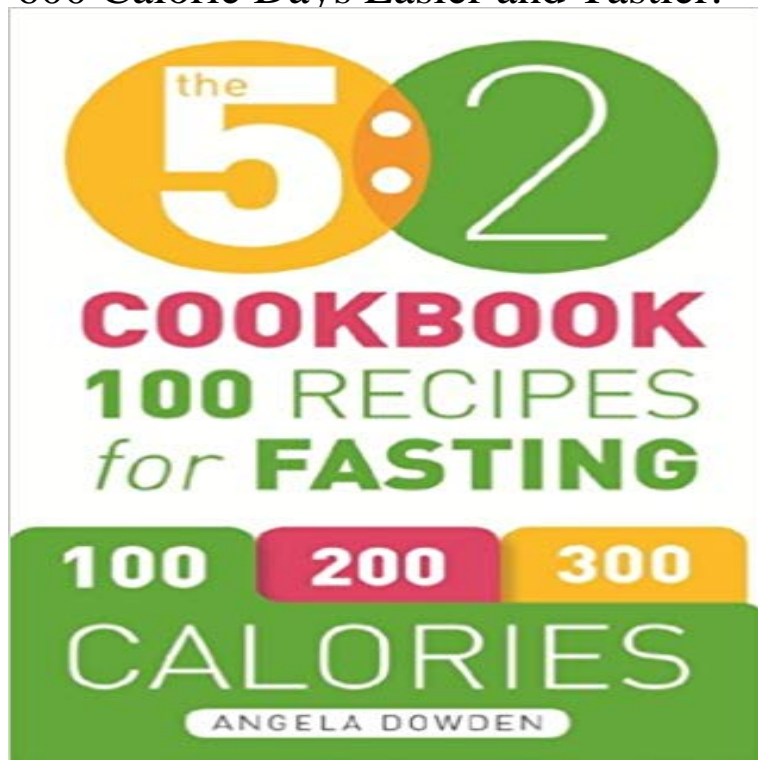


## The 5:2 Cookbook: Recipes for the 2-Day Fasting Diet. Makes 500 or 600 Calorie Days Easier and Tastier.



The 5:2 lifestyle diet is sweeping the nation. It allows you to change your life for the better by dieting just 2 days a week. You will live longer, lose weight and feel great by reducing your calorie intake to 500/600 calories for just 2 days a week. The rest of the week you can eat normally, eat out and even have treats. But what to eat on a fasting day? Bored with omelette and ham salad? Want something quick and easy but dont know what? Look no further: with over 100 calorie-counted recipes specially designed for fasting, it couldnt be easier to put the 5:2 diet into practice. All the recipes are quick and easy to make and taste delicious, so fasting need not be a chore. Includes: 100 calorie-counted recipes, 1 month meal planner, calorie counter, 50 ideas for 100-calorie snacks, 50 ideas for 50-calorie snacks, 50 ideas for guilt-free snacks, plus tips and techniques on mastering portion control, good nutrition, and keeping it up for life.

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by Angela Dowden on 04/03/2013 unknown **The 5:2 Diet Collection 2 Books Set(The Fast Diet** - Editorial Reviews.

About the Author. Gettng healthy, achieving your goal weight and loving life Fasting, Fast Diet (5:2 Fast Diet Book 1) -

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Diet Collection 2 Books Set(The Fast Diet), (The 5:2 Diet Cook Book: Recipes for the 2-Day Fasting Diet. **The 5:2 Cookbook: Recipes for the 2-Day Fasting Diet. Makes 500** Title : The 5:2 Diet Cook Book: Recipes for the 2-Day Fasting Diet. Makes 500 or 600 Calorie Days Easier and Tastier. EAN : 9781846014529. Authors : Angela **5:2 Fast Diet: 5:2 Fast Diet for Beginners -The 5:2** - The 5:2 Cookbook: Recipes for the 2-Day

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