



5:2 Diet Recipe Book: Healthy and Filling 5:2 Fast Diet Recipes that You Can Make Now to Lose Weight and Enhance your Health. (A Cookbook and Guide to the 5:2 Fast Diet)

Diana Clayton

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Losing weight has never been so practical! Thanks to the revolutionary 5:2 Diet Plan (also known as the Fast Diet), you can lose weight and improve your overall health simply by dieting 2 days of the week.

For women utilizing the 5:2 diet, this means consuming 500 calories per day on your 2 dieting days, while men are able to consume 600 calories per day on the 5:2 diet. The other 5 days of the week, you can forget about fasting altogether and eat as normal! Yes, with the 5:2 diet you can continue to enjoy your favorite foods! Imagine: A diet that doesn't feel like a diet. Even better, scientific trials have shown that following the 5:2 diet results in permanent long-term weight loss and a decreased risk for diseases such as Alzheimer's, diabetes, and heart disease.

This 5:2 Diet Cookbook begins with an introduction to the breakthrough 5:2 diet plan, then goes on to provide **several fantastic recipes** to use on your 2 dieting days, **all under 300 calories!** With this 5:2 Diet Recipe book, you get to choose from a selection of delicious meals that are all quick and effortless to prepare; each specially designed to help fill you up, keep hunger at bay, and help you to forget that you're on a diet at all.

Believe it or not, you can savor indulgent meals such as...

- Caramelized Pear and Swiss Omelet
- Garlic Mushrooms with Spinach
- 'The Works' Tostadas, and
- Peaches 'n' Brie Quesadilla, *all while on the 5:2 diet!*

Inside the book you will also discover ...

- 5:2 Diet Tips and Guidance to keep you on the right track
- Recipes Categorized by Meals, *as well* as Number of Calories for quick access
- Yummy, Enticing meals ALL with Calorie Counts included
- 5:2 Diet Recipes which are **mostly just 1 serving!** - *Perfect for the single dieter and easily scalable for others
- *Bonus - Snacks and 'Guilty Pleasures' all under 50 calories

By using these 5:2 diet recipes, you will not only change your attitude towards dieting, food, and health, but improve your mental and physical well being, while watching the pounds melt away.

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From reader reviews:

Marie Gambino:

In this 21st hundred years, people become competitive in each and every way. By being competitive today, people have do something to make these people survives, being in the middle of often the crowded place and notice through surrounding. One thing that sometimes many people have underestimated the idea for a while is reading. That's why, by reading a e-book your ability to survive improve then having chance to stay than other is high. To suit your needs who want to start reading a new book, we give you that 5:2 Diet Recipe Book: Healthy and Filling 5:2 Fast Diet Recipes that You Can Make Now to Lose Weight and Enhance your Health. (A Cookbook and Guide to the 5:2 Fast Diet) book as basic and daily reading reserve. Why, because this book is usually more than just a book.

Lawrence Weatherby:

Spent a free time to be fun activity to try and do! A lot of people spent their spare time with their family, or all their friends. Usually they carrying out activity like watching television, going to beach, or picnic within the park. They actually doing same task every week. Do you feel it? Will you something different to fill your free time/ holiday? Could be reading a book is usually option to fill your free of charge time/ holiday. The first thing that you ask may be what kinds of reserve that you should read. If you want to try out look for book, may be the guide untitled 5:2 Diet Recipe Book: Healthy and Filling 5:2 Fast Diet Recipes that You Can Make Now to Lose Weight and Enhance your Health. (A Cookbook and Guide to the 5:2 Fast Diet) can be excellent book to read. May be it can be best activity to you.

Julie Boyle:

This 5:2 Diet Recipe Book: Healthy and Filling 5:2 Fast Diet Recipes that You Can Make Now to Lose Weight and Enhance your Health. (A Cookbook and Guide to the 5:2 Fast Diet) is great publication for you because the content and that is full of information for you who all always deal with world and possess to make decision every minute. That book reveal it info accurately using great manage word or we can declare no rambling sentences inside. So if you are read the idea hurriedly you can have whole data in it. Doesn't mean it only gives you straight forward sentences but hard core information with beautiful delivering sentences. Having 5:2 Diet Recipe Book: Healthy and Filling 5:2 Fast Diet Recipes that You Can Make Now to Lose Weight and Enhance your Health. (A Cookbook and Guide to the 5:2 Fast Diet) in your hand like having the world in your arm, data in it is not ridiculous 1. We can say that no reserve that offer you world within ten or fifteen second right but this publication already do that. So , this can be good reading book. Hey there Mr. and Mrs. occupied do you still doubt in which?

Beverly Bell:

In this age globalization it is important to someone to receive information. The information will make you to

definitely understand the condition of the world. The health of the world makes the information much easier to share. You can find a lot of references to get information example: internet, classifieds, book, and soon. You can view that now, a lot of publisher which print many kinds of book. Often the book that recommended for your requirements is 5:2 Diet Recipe Book: Healthy and Filling 5:2 Fast Diet Recipes that You Can Make Now to Lose Weight and Enhance your Health. (A Cookbook and Guide to the 5:2 Fast Diet) this reserve consist a lot of the information of the condition of this world now. This kind of book was represented so why is the world has grown up. The vocabulary styles that writer require to explain it is easy to understand. The writer made some study when he makes this book. Here is why this book suitable all of you.

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