



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

Angela Dowden

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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 don't know what? Look no further: with over 100 calorie-counted recipes specially designed for fasting, it couldn't 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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Freddie Patton:

People live in this new day of lifestyle always try and must have the time or they will get a lot of stress from both day to day life and work. So, when we ask do people have time, we will say absolutely of course. People is human not really a robot. Then we question again, what kind of activity do you possess when the spare time coming to anyone of course your answer will certainly unlimited right. Then do you try this one, reading publications. It can be your alternative with spending your spare time, the actual book you have read is definitely The 5:2 Cookbook: Recipes for the 2-Day Fasting Diet. Makes 500 or 600 Calorie Days Easier and Tastier..

Maria Huffman:

Playing with family within a park, coming to see the sea world or hanging out with pals is thing that usually you may have done when you have spare time, then why you don't try factor that really opposite from that. 1 activity that make you not experiencing tired but still relaxing, trilling like on roller coaster you already been ride on and with addition of knowledge. Even you love The 5:2 Cookbook: Recipes for the 2-Day Fasting Diet. Makes 500 or 600 Calorie Days Easier and Tastier., you are able to enjoy both. It is excellent combination right, you still desire to miss it? What kind of hang-out type is it? Oh come on its mind hangout people. What? Still don't have it, oh come on its referred to as reading friends.

Wanda Mason:

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