



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)

By 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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Richard Ortega:

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Elizabeth Brown:

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