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The 5: 2 Diet Cookbook: Over 75 Fast Diet Recipes and Meal Plans to Lose Weight with Intermittent Fasting

By Mendocino Press

Callisto Media Inc., United States, 2013. Paperback. Book Condition: New. 228 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.A diet only works if you can stick to it. So if you re like most people, most diets don t work for you. That s why the 5:2 Diet is different. You can enjoy your favorite foods most days and only fast two days a week-and still lose weight! In The 5:2 Diet Cookbook: Over 75 Fast Diet Recipes and Meal Plans to Lose Weight with Intermittent Fasting, you ll learn to balance your eating and fasting times in a way that will help you live with a diet that doesn t feel like a diet. Gone are the endless days of feeling hungry, deprived, and defeated. The 5:2 Diet Cookbook is more like a blueprint for a way of eating that doesn t require you to make drastic changes to your daily routine, buy expensive foods or meal replacements, or give up many of the foods you love. The 5:2 Diet works by balancing five days of eating normally with two days of eating about one-quarter of your usual amount of food. In The...

Reviews

It is straightforward in read through safer to recognize. It really is full of knowledge and wisdom I am just easily could get a satisfaction of reading a created pdf.

-- **Mr. Sigrid Swaniawski PhD**

This book will never be easy to start on looking at but quite entertaining to read. It is actually packed with wisdom and knowledge It is extremely difficult to leave it before concluding, once you begin to read the book.

-- **Ms. Missouri Satterfield DVM**