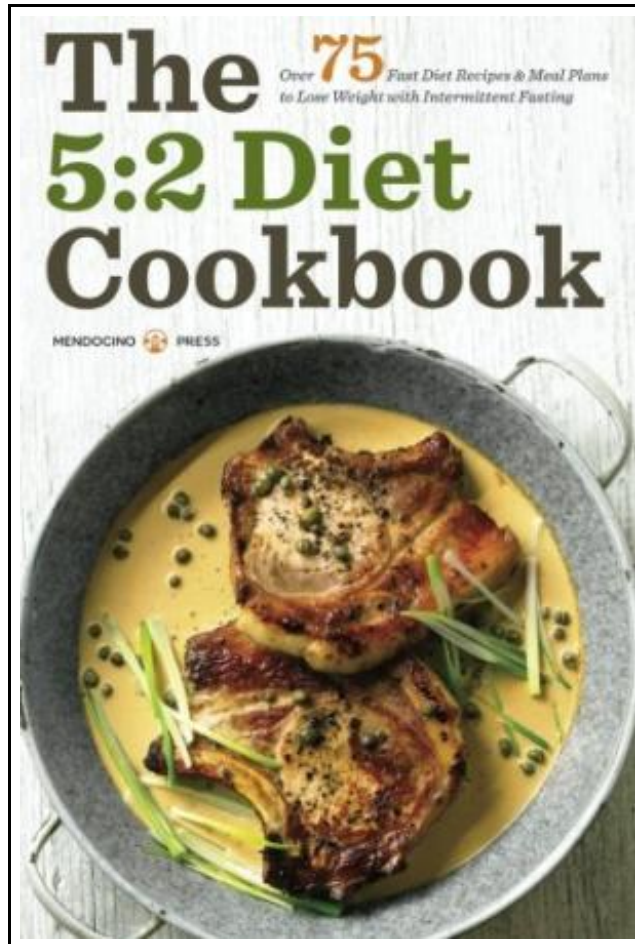


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Callisto Media Inc., United States, 2013. Paperback. Book Condition: New. 228 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.A diet only works if you can stick to it. So if you re like most people, most diets don t work for 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 5:2 Diet Cookbook you ll find everything you need to begin the plan. It includes: A detailed overview of the 5:2 Diet and how it can help you lose weight and reduce your risk of heart disease, diabetes, and more More than 75 recipes for satisfying low-calorie main courses and snacks for fasting days A month of fasting-day meal plans Delicious low-calorie recipes include favorites like Blueberry Pancakes, Classic Beef Chili with Cheddar Cheese, Eggplant and Ricotta Lasagna, and Cinnamon-Sugar Crisps Ten essential steps for 5:2 Diet success 5:2 Diet food list of foods to enjoy or avoid, cooking techniques,...

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