



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

Mendocino Press

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Lose weight while still enjoying the foods you love, with the 5 2 Diet.

The 5 2 Diet, also known as the "Fast Diet," is a system for effective and healthy weight loss. On a 5 2 Diet, you'll eat normally for 5 days each week, and restrict your calories for 2 days. The 5 2 Diet Cookbook will show you how to start an effective fasting diet. On a 5 2 Diet, you will not have to buy expensive meal replacements, or give up the foods you love. This simple guide teaches you how to begin a 5 2 Diet, with over 75 easy and enjoyable recipes.

The 5 2 Diet Cookbook will give you everything you need to get started on the revolutionary Fast Diet, with:

- More than 75 recipes for satisfying 5 2 Diet meals, including favorites like Blueberry Pancakes, Classic Beef Chili, and Cinnamon-Sugar Crisps
- Overview of the 5 2 Fast Diet, and how it can help you lose weight and reduce your risk of heart disease and diabetes
- 4 weeks of meal plans
- 10 steps for a successful 5 2 Diet
- List of approved 5 2 Diet foods, so you can eat smart every day

The 5 2 Diet Cookbook provides the essential tools you need to lose weight and keep it off.

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Phyllis Richards:

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Vincent Olson:

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