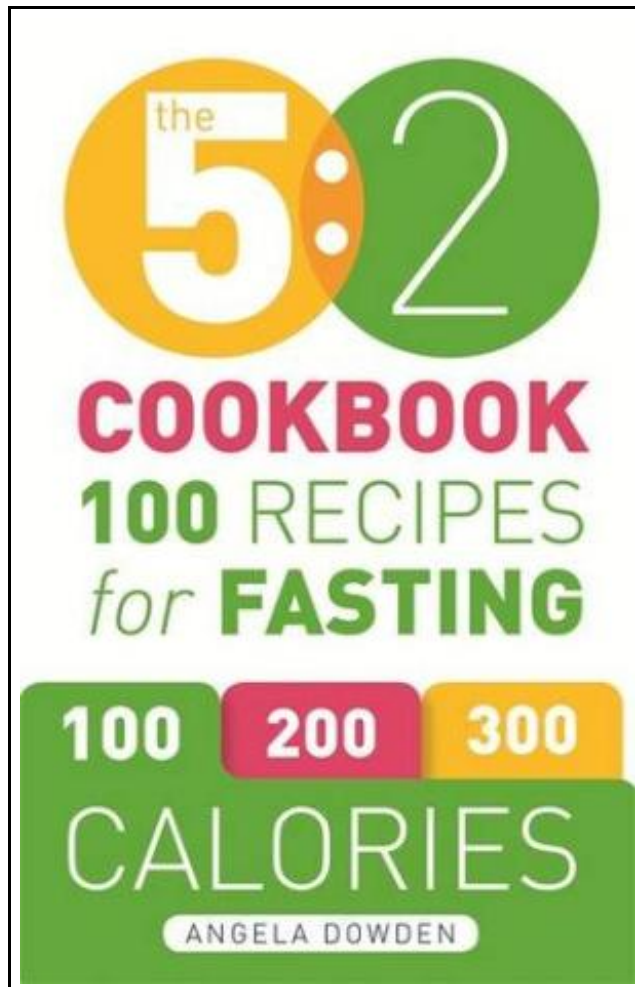


The 5:2 Cookbook: 100 Recipes for Fasting (Paperback)



Filesize: 5.7 MB

Reviews

Here is the greatest publication we have read until now. I could possibly comprehend every little thing using this written e publication. I am just easily could possibly get a satisfaction of looking at a written book.

(Milo O'Hara)

THE 5:2 COOKBOOK: 100 RECIPES FOR FASTING (PAPERBACK)



Octopus Publishing Group, United Kingdom, 2013. Paperback. Condition: New. UK ed.. Language: English . Brand New Book. 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.



[Read The 5:2 Cookbook: 100 Recipes for Fasting \(Paperback\) Online](#)



[Download PDF The 5:2 Cookbook: 100 Recipes for Fasting \(Paperback\)](#)

Related eBooks



Universal Methods of Design: 100 Ways to Research Complex Problems, Develop Innovative Ideas, and Design Effective Solutions (Hardback)

Rockport Publishers Inc., United States, 2012. Hardback. Condition: New. Language: English . Brand New Book. Universal Methods of Design is an immensely useful survey of research and design methods used by today s top practitioners,...

[Save eBook »](#)



Get Rich Click: The Ultimate Guide to Making Money on the Internet (Paperback)

Simon Schuster Ltd, United Kingdom, 2012. Paperback. Condition: New. UK ed.. Language: English . Brand New Book. The Internet is arguably the most powerful business tool in the history of mankind. You can use it...

[Save eBook »](#)



Interventions for Autism Spectrum Disorders: Translating Science into Practice (Paperback)

Springer-Verlag New York Inc., United States, 2014. Paperback. Condition: New. 2013 ed.. Language: English . This book usually ship within 10-15 business days and we will endeavor to dispatch orders quicker than this where possible....

[Save eBook »](#)



IGCSE English as a Second Language: Focus on Writing: Focus on Writing (Paperback)

HODDER EDUCATION, United Kingdom, 2007. Paperback. Condition: New. UK ed.. Language: English . Brand New Book. Additional support for the written part of the exam to help students improve their answers and overall grade, including...

[Save eBook »](#)



Ethical Leadership in Sport: What s Your End Game? (Paperback)

Business Expert Press, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. This is a practical guide on how to navigate the complexities of ethical leadership in...

[Save eBook »](#)