



The 5:2 Fast Diet Recipes: For Your Fasting Days (Recipes for Diets) (Volume 1)

Stephen Robinson

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We Recommend this for 5:2 Fast Dieters

All the best recipes for your fasting days in one place

The 5:2 Fast Diet has taken the health and fitness industry by storm and if you don't act fast you'll miss out on the results. The 5:2 Fast diet is based around eating "normally" for 5 days of the week, and "fasting" for 2 days. It's the fasting days that is the hard part, but we've made it easy by giving you plenty of recipes that you can use for the days when you are fasting.

My Recipes are sorted into "Breakfast, Lunch and Dinner" and I include the calorie count, so you can make sure you don't go over your recommended calorie intake for the day. My recipes are so tasty and creative that you'll never get bored of them....even if they are healthy!

Some of the recipes included:

- Tortilla for Breakfast | 192 Calories
- Chicken Salad in Thai Style | 113 Calories
- Prawn Chilli Noodle salad | 223 Calories
- Beef Stew | 332 Calories
- Marinated Lamb Chops | 234 Calories

and many many more!

Fast your way to the body of your dreams in no time with My easy recipes that will have you eating great foods on the days where you thought you would be suffering.

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From reader reviews:

Linda Pillar:

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Lillie Levine:

This The 5:2 Fast Diet Recipes: For Your Fasting Days (Recipes for Diets) (Volume 1) is great reserve for you because the content that is certainly full of information for you who else always deal with world and possess to make decision every minute. This particular book reveal it details accurately using great manage word or we can point out no rambling sentences in it. So if you are read that hurriedly you can have whole information in it. Doesn't mean it only provides you with straight forward sentences but difficult core information with splendid delivering sentences. Having The 5:2 Fast Diet Recipes: For Your Fasting Days (Recipes for Diets) (Volume 1) in your hand like having the world in your arm, facts in it is not ridiculous a single. We can say that no e-book that offer you world with ten or fifteen small right but this book already do that. So , it is good reading book. Hello Mr. and Mrs. busy do you still doubt that will?

Sharon Hite:

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Kate Vasquez:

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