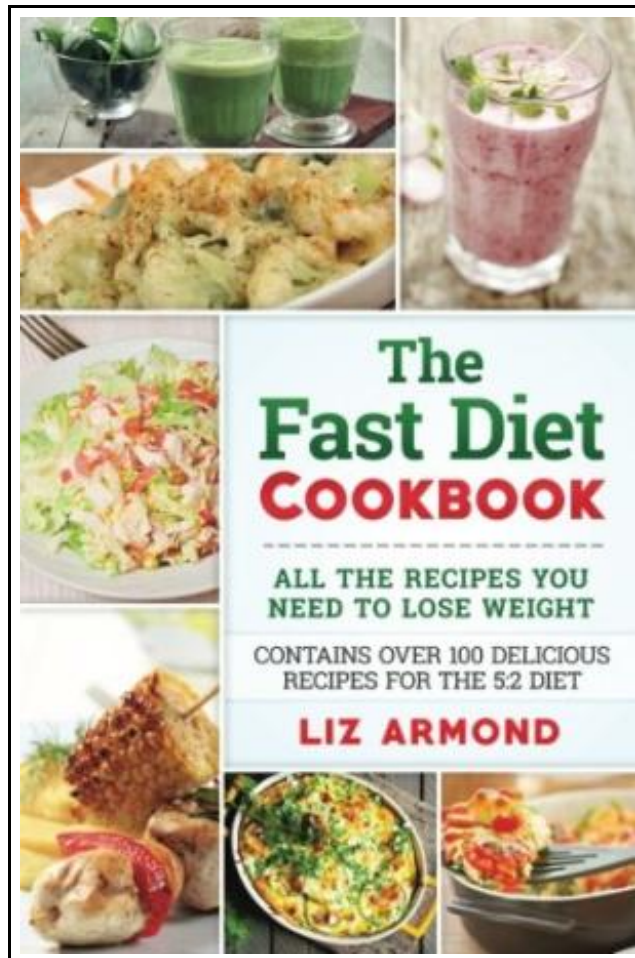


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THE FAST DIET COOKBOOK: OVER 100 DELICIOUS RECIPES FOR EASY WEIGHT LOSS (PAPERBACK)



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Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 203 x 133 mm. Language: English . Brand New Book ***** Print on Demand *****.The Fast Diet Cookbook Contains 100 Delicious Recipes for Fast Weight Loss All Ingredients Readily Easily Available in UK, US EU in fact everywhere. Nothing fancy included!! This cookbook contains all the menus you will need to follow the 5:2 Fast Diet. This is the diet developed by Dr Michael Mosley that lets you eat normally five days a week but on the other two you can only eat 500 calories if you are a woman and 600 if you are male. So how do you know what to eat on a typical fasting day? It makes sense to cook something quick and easy as you don t want to be in the kitchen too long when you are trying to eat less. The author was looking for low calorie meals but was frustrated with the expensive and fussy recipes in other 5:2 cookbooks and thought there had to be a simpler way to cook and eat delicious low calorie food. This cookbook has over a 100 recipes that will make your fasting days something to look forward to. They include breakfasts, easy lunches and some delicious dinners. The recipes are carefully put together with a balance of protein and carbohydrates. They will satisfy even the hungriest appetites on the two fasting days and they are not just smaller portions. Includes Prawn and Fennel Soup Hearty Potato and Leek Soup BLT Lunch Mushroom Risotto Chicken Lasagne Beef and Courgette Bake Pork Stroganoff with Rice Also Includes: An overview of the 5:2 Fast Diet, which includes the many benefits of this diet. Calorie counts for all recipes with preparation and cooking times Recipes suitable for freezing...



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