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# 5:2 DIET: The Ultimate 5:2 Diet Recipes!: Top 5:2 Diet Recipes For Beginners

## THE ULTIMATE 5:2 DIET RECIPES!

*Top 5:2 Diet Recipes for Beginners*



## Synopsis

5:2 DIET SPECIAL OFFER - OVER 50% DISCOUNT LIMITED TIME ONLY \$2.99! (Regularly priced: \$5.99) Learn the Best 5:2 Diet Recipes and Start Losing That Extra Pounds! "The Ultimate 5:2 Diet Recipes!â • contains proven steps and strategies on how to begin the 5:2 Diet properly by cooking tasty and simple meals under 500 calories. Those people who have decided to go on this type of diet should learn about great-tasting, healthy and easy-to-prepare meals that they could prepare during the two non-consecutive days a week that they would have to limit their calories. They need all the support that they could get to help them lose weight and begin the intermittent fasting diet the right way. As they prepare, cook and taste the different recipes on this book, they will be encouraged even more to continue with the 5:2 diet, seeing firsthand how manageable and beneficial it is to them. The book begins with an overview of the 5:2 eating program, how it works and its overall health benefits. The book then proceeds to the recipes. The recipes are divided into simple and inexpensive meals that could be prepared for different times of the day. The meal times during the two fasting days are suitable to the best time that works for the person doing the diet. It is different for everyone, and what usually works best according to those people who are experienced with doing the diet is that the later they eat, the less hungry they feel. Choose from recipes for all-day breakfasts, vegetables, seafood, hearty meat dishes made from poultry, pork and beef, desserts and soups. All recipes were especially chosen for their taste, ease of preparation and accessibility of ingredients. Here Is A Preview Of What Youâ™ll Learn...All about the 5:2 Diet Light All-Day Breakfast Treats Vegetable Delights Light and Fresh Seafood Catch Light Meat Heavyweights Keeping it Light and Sweet Flavorful Light Soups Much, much more!Download your copy today!

## Book Information

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## Customer Reviews

This diet is very interesting and I think it suits me. I often have a few days in a week that I don't feel like eating so much and there are days when I want to indulge! As mentioned in this book, there should be 2 days within a week that you should eat food with lesser calories, those should be my less-eating days and the rest I can eat more. But of course there are specific numbers of calories that you should only consume on these days and you will know that upon reading this book. Aside from that, it has a lot of recipes that I can make with its corresponding number of calories. Isn't that amazing? This is definitely a good reference for the 5:2 diet!

So far all of the recipes I have tried have been delicious. I have been trying to lose a few pounds, and have been looking for a diet that makes it easier. So far I am very impressed with the 5:2 diet. I thought that it would be hard to follow due to the calorie restriction periods, but so far so good. The hunger pangs have been minimal, and I can already tell a difference in my energy. Highly recommended.

The 5: 2 diet , It was great to learn this type of diet which consists of intermittent fasting and calorie restriction , I love the conditions that goes along with it where you can eat as per normal for five days and limit calorie intake for 2 days. The author has stated that it benefits females by losing a pound a week what is better than this diet , I definitely will be starting on it soon! The recipes are delicious and easy to follow . Great dieting book

I heard about the 5:2 diet from a friend at work and decided to pick this book and give it a try.

Basically its a intermitted fasting diet, and is a great strategy to losing weight allowing you to eat

normally for 5 days and low calories for 2 days. Recipes in the book were divided into the types of food you can eat anytime of the day which are also inexpensive too. Discipline is key to any diet but I found it easier to do with the tips given in this book.

I am trying to change my life and eating habits. I need to lose some weight also. So I am on that life changing diets that are in this book. I must say that I am doing quite well. I have already lost some pounds and I am on good way to lose some more.

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