



## Vegetarian Recipes for the 5: 2 Fast Diet: Over 60 Recipes to Transform Your Body, Your Mind Your Health (Paperback)

By Liz Armond

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 214 x 149 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.How I Was Able To Finally Lose That Last 14 Pounds In Two Months After I Started the 5:2 Fast Diet You Really Can Lose at Least 3-5 lbs Each Week by Following the 5:2 Fast Diet This cookbook contains all the vegetarian menus you will need to follow the 5:2 Intermittent Fasting Diet. This is the diet that lets you eat normally five days a week but on the other two you are only allowed to eat 500 calories if you are a woman and 600 calories if you are a man. This is regardless of your present weight or weight loss aim. It is often a problem to know what to eat on a fasting day. You could just buy a low calorie ready meal but they often contain undesirable ingredients and work out quite expensive over a longer period. However it makes sense to cook something quick and easy because you don t want to be in the kitchen too long when you are trying to eat less. This recipe book has...



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