



The Skinny 5:2 Fast Diet Vegetarian Meals For One: Single Serving Fast Day Recipes & Snacks Under 100, 200 & 300 Calories (Cooknation)

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#1 Best Selling Amazon Author

**The Skinny 5:2 Fast Diet Vegetarian Meals For One
Single Serving Fast Day Recipes & Snacks Under 100, 200 & 300 Calories**

At last a 5:2 Diet vegetarian recipe book for SINGLE SERVINGS!

If you are cooking for ONE who wants to waste time working out ingredients and recipes to make single servings? Unlike most 5:2 books, ALL the recipes and snacks in this book are SINGLE SERVING recipes which will get you on your way to losing those extra pounds and feeling great FAST.

Packed with:

- **Over 100 delicious vegetarian recipe & snack inspiration ideas**
- **Intro, advice and info on the 5:2 Diet**
- **All recipes are MEALS FOR ONE**

The Skinny 5:2 Fast Diet Vegetarian Meals For One has everything you need to get you inspired and on track with your weight-loss.

So what are you waiting for? Start today with the diet that has changed millions of people's lives around the world.

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