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**The Skinny 5:2 Fast Diet Vegetarian Meals For One**

**Single Serving Fast Day Recipes & Snacks Under 100, 200 & 300 Calories**

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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.

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