



5:2 Diet Recipes: Experience The Incredibly Powerful Benefits of Fasting With a Variety of Healthy Dishes (5 2 Diet Recipes, 5 2 for Beginners, 5 2 Diet Cookbook)

Maria Roberts

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The 5:2 diet is a very effective diet plan. It is based around the concept of intermittent fasting; where you restrict your calories for two days, then eat normally for five days.

For those who have trouble "fasting" the 5:2 diet is like a breath of fresh air.

In this book you will find:

- A Brief Introduction to the 5: 2 Diet
- A Basic Understanding of the 5:2 Diet
- Why Detoxification is Good For Your Body
- Questions and Answers on the 5:2 Diet
- Healthy Fasting Foods and Suggestions
- Ten Fasting Recipes to Try

The 5:2 diet is not a diet of deprivation, and that is the beauty of it.

With so many options for meals, this is a plan you can really live with. If you combine some light exercise to your healthy eating regime, your results will be even better.

This book is a must have for anyone who wants to try this innovative diet plan.

Getting Your FREE Bonus

Download this book, and find "**BONUS: Your FREE Gift**" chapter right after the introduction or after the conclusion.

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