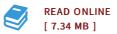




The Ultimate 5:2 Diet Recipe Book: Easy, Calorie-Counted Fast Day Meals You'll Love

By Kate Harrison

Orion Publishing Co. Paperback. Book Condition: new. BRAND NEW, The Ultimate 5:2 Diet Recipe Book: Easy, Calorie-Counted Fast Day Meals You'll Love, Kate Harrison, The 5:2 Diet is transforming lives worldwide. Thousands are losing weight, improving their health and saving money. Now, The Ultimate 5:2 Diet Recipe Book makes this lifestyle easier than ever, with recipes that make food on your Fast Days a pleasure. It's packed with easy, delicious dishes, from Great Start Breakfasts to International Favourites, Comfort Food, Super Soups, and even Sweet Treats. This down-to-earth guide by The 5:2 Diet Book author Kate Harrison mixes great recipes with all the humour, moneysaving tips and practical advice that made the first book a bestseller. It also explains the science and incredible health benefits of this simple, inspiring approach. This cookbook focuses on fresh, delicious and fast home cooking, with meals that taste nothing like 'diet' food. It includes: . More than 85 recipes, all calorie counted, with dozens more ideas for adapting them to suit your life and budget; . 5:2 Lives: inspirational stories and honest food diaries from real dieters, who share the secrets of their success; . 5:2 Know-How: tips on everything from store cupboard suppers,...



Reviews

Without doubt, this is actually the greatest operate by any writer. It is really basic but surprises within the 50 percent of the ebook. I discovered this ebook from my i and dad recommended this ebook to understand. -- **Mrs. Chelsea Hintz**

These types of publication is the ideal ebook readily available. It can be loaded with wisdom and knowledge Its been developed in an extremely simple way and it is just following i finished reading through this publication in which actually altered me, affect the way i believe. -- Ms. Lura Jenkins