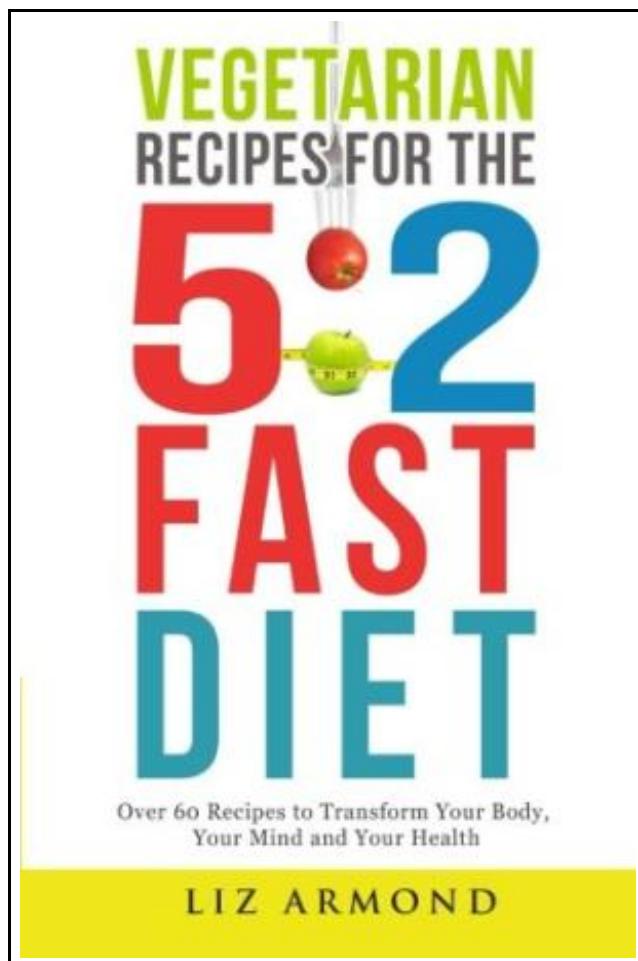


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Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 214 x 149 mm. Language: English . Brand New Book ***** Print on Demand *****.How I Was Able To Finally Lose That Last 14 Pounds In Two Months After I 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 over 60 vegetarian recipes that will actually make your fasting days something to look forward to. They include easy lunches and some delicious dinners. The recipes are carefully put together with a balance of protein and carbohydrates. They will satisfy even the hungriest appetites on your two fasting days and they are not just smaller portions. Includes: Hearty Potato and Leek Soup Mushroom Risotto Spinach Mushroom Pie Cauliflower Crumble Bake Leek Bean Frattata Courgette Cheese Tart Veggie Stew Dumplings Menus are set out in either 1, 2 or 4 portions depending on ingredients and are calorie grouped. The author suggests...

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