



5: 2 Diet: : Intermittent Fasting Recipes for Beginners Plus 5 Weeks Meal Plan for Weight Control (Paperback)

By Stefany H Lawrence

Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.This book contains proven steps and strategies on how to transform your life so that you are healthier, thinner and more energized. In this book, you will discover the simple three-step strategy on how you can follow the 5:2 Diet. Learn about how the days for fast and feast work, and how easy it is to follow the 5:2 Diet for weight loss and management. Acquire a 5-week meal plan filled with delicious, easy-to-prepare and, most importantly, nutritious recipes for intermittent fasting. You will find over 40 delicious breakfast, main dish, side dish, and snack recipes, all of which are incorporated into the 5-week meal plan.



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