



The Complete 2-Day Fasting Diet: Delicious; Easy to Make; 140 New Low-Calorie Recipes from the Bestselling Author of the 5:2 Bikini Diet (Paperback)

By Jacqueline Whitehart

HarperCollins Publishers, United Kingdom, 2014. Paperback. Condition: New. Language: English . Brand New Book. From bestselling diet author Jacqueline Whitehart comes the only recipe book you ll ever need for your 2-Day Diet. With the 2-Day Diet you ll lose weight FAST, and with these deliciously simple recipes, tailored to suit your lifestyle throughout the year, cutting your calories couldn t be easier. The 2-Day Diet - otherwise known as `intermittent fasting or the `5:2 Diet - has revolutionised the world s approach to losing weight. Not only do dieters shed fat with amazing speed, they experience incredible health and psychological benefits too, which include lower risks of diabetes, cardiovascular diseases, Alzheimer s and Parkinson s as well as higher energy levels and an increased ability to concentrate. Now this definitive cookbook, with 140 carefully crafted, nutritious recipes for your fast days, gives you the freedom to work the diet around your lifestyle and taste all year round. It has never been easier to lose weight and be healthy. All of these mouthwatering recipes contain less than 400 calories and are tailored to the seasons. No longer will you be staring at an unappetizing salad or egg-white omelette: you ll...



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Reviews

Extensive guideline! Its this sort of excellent read. it had been writtern quite properly and helpful. You can expect to like just how the writer create this book.

-- Mr. Gustave Gerhold

This book will never be straightforward to start on reading through but quite enjoyable to learn. Better then never, though i am quite late in start reading this one. Your lifestyle span will probably be convert once you complete reading this publication.

-- Dr. Kadin Hane DVM