


The Fast Days Cookbook: Delicious Filling Low-Calorie Recipes for the 5:2 Diet (Hardback)

By Laura Herring

Hardie Grant Books (UK), United Kingdom, 2017. Hardback. Condition: New. Language: English . Brand New Book. The 5:2, or fast diet, works by restricting calorie intake for two non-consecutive days a week and allowing unconstrained eating the other five days. In The Fast Days Cookbook, food writer, Laura Herring shows you how you can avoid entering the hunger zone on your fast days by helping you to plan what you eat and when. Fast days do not have to be a punishment; it is about being clever with ingredients and focusing on flavours that give you maximum satisfaction for the fewest calories. With 60 delicious, quick and easy recipes ranging from 50 calories to 350 calories, the meals in this book can actually be enjoyed any day - fast or feast! Taking you from Breakfast to Lunch and Dinner, you'll also find recipes for lowcal snacks, sweet treats and even toppings and dressings. You can mix and match the meals in the book to suit you and your lifestyle, and there are plenty of make-fresh and pack-up ideas to stash in your bag and take to work. And who says you have to dine alone on your fast days? Most of...

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