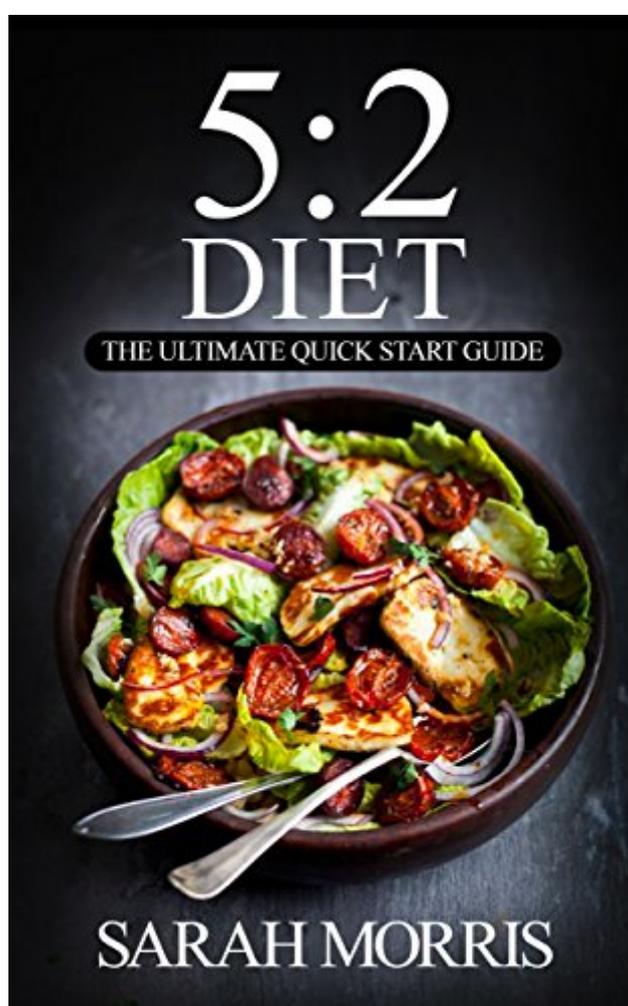


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# 5:2 Diet: The Beginners Guide To Intermittent Fasting For Rapid Weight Loss (with Over 350+ Delicious Recipes & One Full Month Meal Plan, Fast Your Way To Health)





## Synopsis

Fast Your Way To Accelerated Weight Loss & Ultimate Vitality! Over 350+ Delicious Breakfast, Lunch, Dessert & Snack Recipes & One Full Month Meal Plan included in this Book! Introducing the REVOLUTIONARY 5:2 Diet Plan... Why use the 5:2 Diet Plan? Time and Time again, scientific studies prove that people who fast regularly lose weight faster than people on regular diets. Why? Because Intermittent Fasting shifts your metabolism into a Hyper-Accelerated Fat Burning State. Your body adapts and automatically starts to become more efficient with food. The Result? A Slimmer, Healthier you within weeks, if not days! This book will use a step-wise approach to take you through the 5:2 Diet and further beyond into the practical application of making healthy and super tasty recipes. You will find a FULL nutritional breakdown at the end of each recipe, so you can keep track of your calories & macro's on your FAST DAYS. This lifestyle expounds on a practical and sustainable way to nourish our bodies to maintain life long health, physical performance and overall wellness. Think of the 5:2 Diet like pushing the "reset"™ button with your overall health, relationship with food and your lifestyle habits. Take A Look Inside... Ancient Healing For Modern Man What is the 5:2 Diet? What Should I Eat On Fast days? Cleansing: Preparing the Body to Fast 1 FULL MONTH Meal Plan Some of the Profound Benefits You will Experience on the 5:2 Diet Plan: Accelerated Fat Loss Increase Energy Levels & Vitality Appetite Control Improved Mental Focus Stabilised Blood Sugar Levels Lower Cholesterol Hormonal Balance Prevention of Cancer, Alzheimer's & Heart Disease Here's A Sneak Preview Of The Easy-to-Prepare Recipes you will find in this book: Lemon Cheesecake Breakfast Mousse Berry Breakfast Shake Cacao and Raspberry Pudding Coco and Blueberry Smoothie Creamy Chocolate Milk Blueberry Almond Smoothie Fast Protein and Peanut-Butter Pancakes Guacamole Bacon and Eggs Breakfast Hemp Muffins with Walnuts Mediterranean Pecorino Romano Breaded Cutlets Oriental Garlicky Chicken Thighs Pordenone Cauliflower Lasagna Roasted Lemony Chicken & Prosciutto with Brussels sprouts Roquefort Spinach, Zoodles and Bacon Salad Sour Avocado and Chicken Moussaka Spicy Italian Sausage and Spinach Casserole Squash Spaghetti Lasagna Dish Slow Cooker Thai Fish Curry Smoky Pork Cassoulet Sage and Orange Glazed Duck Tartar Cookies Strawberry Pudding Minty Avocado Lime Sorbet Morning Zephyr Cake Sour Hazelnuts Biscuits with Arrowroot Tea Wild Strawberries Ice Cream Mini Lemon Cheesecakes Chocolate Layered Coconut Cups Pumpkin Pie Chocolate Cups Fudgy Slow Cooker Cake Easy Sticky Chocolate Fudge Over 350+ Amazing Recipes, One For Every Day of the YEAR! Purchase this book at its Lowest price and make your Weight Loss journey Effortless!

## Book Information

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## Customer Reviews

Diet 5:2 is good because it does not involve major changes in the daily diet. For this diet is important to choose two days a week and in those days to reduce food intake to about 500 calories. This diet requires effort and strong will, but it is not difficult to persevere. Diet 5:2 does not differ too much from the everyday habits of the average man when it comes to food, it is not restrictive and, most importantly, it gives excellent results. In this book you will find all the necessary information and great recipes. With this book you can immediately start your diet, because there is everything you need for a good start. Recommended!

:2 Fast Diet for Beginners is a book that will teach readers how to fast, cleanse, and detox your system. This particular type of fasting is called intermittent fasting, which essentially means you eat nutritionally balanced meals for 5 days and fast for two. The book is broken up into to 5 chapters. You will know how this diet differs from others, and why it a good diet. Author has also included easy cooking recipes when you are on fast. It also gives extra encouragement when youâ™re tempted to cheat. This little book definitely is a must try if you are interested in losing a little weight.

This 5:2 Diet: The Beginners Guide to Intermittent Fasting For Rapid Weight Loss (with over 350+ Delicious Recipes & One Full Month Meal Plan, Fast your Way to Health) is different from the other diet you had in your life. It might be a process of losing weight but this one is really effective as long as you will carefully READ, ABSORB and APPLY with more discipline on the side. The book also has sumptuous recipes that you and of course the rest of the family will love. Healthy, Clean and straight from your kitchen that caters your breakfast, lunch and dinner.

This book is a guide to self-control over how you eat. Curving your habits with an easy method that simply lets you consume more than 350 delicious meals that keep you healthy and help you lose weight. The control comes in when you have to stay committed to a somewhat staggered but very comprehensible and effective diet routine. It's simple and very open to any individual out there. This is "intermittent fasting" which has caught on and become a fad in many circles and is prominent in religions across the globe.

This is the perfect dieting book for me! I've been searching the right diet regimen for my active lifestyle and after reading through the long list of delicious, easy to prepare, no fuss recipes I can finally say that this is it! I enjoyed browsing through the pages and planning my meal every week. It's actually easy to prepare a meal plan as the recipes are easy to prepare. I actually can't wait for next week's meal plan! Kudos to the author for such a wonderful book!

The concept of the 5:2 diet is still one of my favorites to date. It's one that I've tried over and over and still get great results. The book has lots and lots of recipes that are fit for intermittent fasting. I also really like the format of the book where I can click on the recipe and jump right to it, eliminating the need to have to go through each page. I loved all of the recipes here and cannot wait to taste all of them.

This book will use a step-wise approach to take you through the 5:2 Diet and further beyond into the practical application of making healthy and super tasty recipes. You will find a FULL nutritional breakdown at the end of each recipe, so you can keep track of your calories & macros on your FAST DAYS. This lifestyle expounds on a practical and sustainable way to nourish our bodies to maintain lifelong health, physical performance, and overall wellness.

It's right that the results of intermittent fasting has yielded amazing effects on most individuals and

with less possible side effects. The most difficult task is to divide the fast days and the non-fast days. The split between the days can be consecutive days. the individual can consume any number of calories on a fast day, care has to be taken that the individual doesn't binge eat on the non-diet days. For this, the hunger pangs should be conditioned in such a way.

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