



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

Absolutely essential study book. It is loaded with wisdom and knowledge I found out this ebook from my i and dad suggested this ebook to understand.
-- **Dr. Lera Spencer**

Merely no words to spell out. I am quite late in start reading this one, but better then never. I am happy to explain how this is actually the very best publication we have go through within my personal daily life and can be he best ebook for at any time.
-- **Althea Christiansen**