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# The 5:2 Fast Diet: Recipe Book

*Jacqueline Whitehart*

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# The 5:2 Fast Diet: Recipe Book

*Jacqueline Whitehart*

**The 5:2 Fast Diet: Recipe Book** Jacqueline Whitehart

**US Edition of the UK best-selling 5:2 Fast Diet Recipe book.**

**Now with all US measurements and ingredients.**

Over 100 recipes specially crafted to be filling, healthy and calorie controlled.

This recipe book has a full range of over 100 fantastic, filling recipes all suitable for your 5:2 diet days. From breakfasts to snacks, light lunches and dinners. The recipes are expertly balanced with plenty of protein and moderate complex carbohydrates. They're all designed to fill you up and stave off hunger pangs.

This practical guide provides detailed menu plans and plenty of advice and encouragement to get you started. Jacqueline demystifies the latest medical research into The 5:2 Diet and Intermittent Fasting.

The 5:2 Diet will revolutionise the way you think about food. By dieting just two days a week you can lose weight and potentially lower your risk of age-related diseases.

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