



# **The 5:2 Fast Diet for Beginners: The Complete Book for Intermittent Fasting with Easy Recipes and Weight Loss Plans**

*Rockridge Press*

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## **The 5:2 Fast Diet for Beginners: The Complete Book for Intermittent Fasting with Easy Recipes and Weight Loss Plans** Rockridge Press

The Fast Diet is a proven way to lose weight easily.

Also known as "Intermittent Fasting," the revolutionary Fast Diet allows you to lose weight by eating reduced-calorie meals just two days out of the week. On a fast diet, you can eat the foods that you want five days out of the week, and follow an easy fasting regime for two days, and you'll lose weight quicker than ever before. The Fast Diet is as simple as that!

The 5 2 Fast Diet for Beginners is a comprehensive resource for beginning a successful fast diet, with:  
10 easy tips for starting a successful Fast Diet

Step-by-step Fast Diet meal plans for every day of the week

Simple, healthy recipes for your fasting days, including Curried Chicken Wraps and Penne Pasta with Vegetables

Satisfying and delicious Fast Diet recipes for your non-fasting days, like Mustard Maple-Glazed Salmon and Chicken Breast with Summer Veggies

Detailed guide on how to use the Fast Diet to reach your long-term weight loss goals

With The 5 2 Fast Diet for Beginners you'll begin to see results right away, with easy weight loss and increased energy.

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