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## 200 5:2 Diet Recipes

By Angela Dowden

Paperback. Book Condition: New. Not Signed; Whether you're new to the 5:2 diet and you're thinking about giving it a go, or you're already a convert and are looking for recipes to improve your fasting days, this is the book for you. Choose from a delicious range of satisfying light meals from a variety of world cuisines, all organised by mealtime so that you can quickly select a recipe. Get your fasting day off to a good start with a breakfast of fragrant Moroccan baked eggs or chunky Maple-glazed granola. Opt for a light lunch of Chicken burgers with tomato salsa, Chilli & coriander fish parcels or Smoky bacon & white bean soup to see you through the afternoon. End the day with a serving of Lamb & flageolet bean stew, Chicken & spinach curry or a special meal of Lobster with shallots & vermouth. You can even include sweet treats without breaking your diet - this selection includes Brulee vanilla cheesecake, Chocolate & chestnut roulade and Cherry & nectarine pavlova. Make the 5:2 diet a life choice with this indispensable recipe collection. book.



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### Reviews

*The book is simple in read safer to comprehend. It is writter in straightforward words and phrases instead of confusing. You wont truly feel monotony at anytime of your time (that's what catalogues are for concerning in the event you request me).*

-- **Brannon Koch**

*It in one of the most popular book. I am quite late in start reading this one, but better then never. Once you begin to read the book, it is extremely difficult to leave it before concluding.*

-- **Camylle Larson**

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