



5:2 Diet Cookbook: 20 Fast and Easy to Make Diet Recipes To Reduce Your Weight (5:2 Diet Cookbook, 5:2 Diet, 5:2 Diet for Beginners)

Sara Hughes

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We've all tried many crazy things to lose weight: vibrating belt machines, shake weight, liquid diets or even eating nothing but steak for weeks at a time. The modest method proposed in this book is to have a balanced diet and lose weight by learning how to make delicious, nutritious and healthy food that can be prepared in advanced for daily lunches or whipped up quickly when you come home from work. Learning how to cook healthy food isn't enough if none of that food is appealing and you are always looking forlornly at co-workers or friends eating a hamburger and that is why the recipes in this book try to provide you with new favorites that you will look forward to.

Here is what you will learn after reading this book:

- 20 fantastic new recipes that take you from Breakfast, to lunch, to desert. Experience new ingredients and exciting flavors that will inspire you to a fresh cooking experience.
- Lose weight while getting to enjoy your old favorites and having fun in the kitchen with quick, easy and delicious recipes.
- Discover alternative recipes for what was once just an indulgence including healthy recipes for pizza, French fries, pancakes and ice cream. Reignite your love for tired old lunches with celeriac, apple and walnut salad and Moroccan style soup.

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Download this book, and find "**BONUS: Your FREE Gift**" chapter right after the introduction or after the conclusion.

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Roxie Gregory:

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