

# Your 5: 2 Diet Days Tasty Recipes for One (Paperback)

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## Reviews

It in a of my personal favorite book. This is certainly for anyone who statte there had not been a worth studying. I found out this ebook from my i and dad advised this pdf to learn. (Delphine Lebsack)

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# YOUR 5: 2 DIET DAYS TASTY RECIPES FOR ONE (PAPERBACK)



Createspace Independent Publishing Platform, 2013. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. The 5:2 diet has become increasingly popular as one that is practical, manageable and makes scientific sense. Those who have in the past failed to make a diet work for them have discovered a way of eating that requires a minimal amount of willpower, is easy to understand and does not deprive them of their favourite foods. And most importantly it actually works. This book not only provides an introduction to the 5:2 diet; it also provides what until now has been difficult to find in one place - recipes for one person. These are tasty and creative, provide calorific information for every meal and allow you to mix and match to your needs and tastes. There are twenty menus for your calorie-restricted days, allowing for three delicious meals a day, each meal clearly marked with its calorie content. Every day s total calorie intake is also listed. Measurements are given both in metric and imperial amounts to save you having to do any conversions wherever in the world you live. Bon appetit!.

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