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*Sophie Miller, S Breen*

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The 5:2 Fast diet is the easy and healthy way to shift those unwanted pounds! --> Free Gifts includes printable menus, tips for staying focused on fasting days and 10 extra free recipes for non-fasting days! This book covers the concept of fasting on two days out of every seven, discusses the benefits of fasting and includes recipes that are up to 100, 200 and 300 calories. Calorie information is included with every recipe so you know exactly how many you are consuming. There is also a two week menu plan to get you started on your 5:2 journey! All recipes are gluten-free too. Recipes include: Thai Beef Salad Charred Peaches & Feta Salad Mediterranean Fish Cream of Cauliflower Soup Tarragon Chicken Hedgehog Garlic Potatoes Grilled Cajun Steak Chili Chicken Burger To name but a few! Scroll up and click BUY NOW to start your EASY weight loss journey

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