



5:2 Diet Recipes: Intro to Intermittent Fasting

Josh beaudoin

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Have you ever tried to lose weight before, but found it very hard to stick to your diet and exercise plan?

Well, now you can follow 5:2 Diet Recipe Handbook, this will make it easier for you to follow this revolutionary new diet by trying out these quick and easy tasteful recipes!

One of the biggest problem people have while dieting to lose weight is not knowing what to eat that follows the calorie restrictions.

Problem solved!

After you read the ``5:2 Diet Recipe Handbook`` book you will have a good idea of what kind of tasteful recipes allow you to follow the 5:2 diet and shed off many pounds!

You will learn:

1. Introduction on the 5:2 diet
2. How the 5:2 diet works
3. 7 medium difficulty recipes for 5:2 fast dieting
4. 6 easy shakes and smoothies packed with protein for 5:2 fast dieting
5. 5 easy egg and omelet recipes for 5:2 fast dieting
6. 4 easy tuna salad recipes for 5:2 fast dieting

All you have to do is read this book and follow the 5:2 program and try out some of the effective low calories recipes and you will watch the weight fall off week after week.

Click the Buy Now option above and you'll have access to the 5:2 diet and some great tasteful low calories recipes you can follow during this diet.

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Patrick Lyon:

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Anita Sizemore:

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