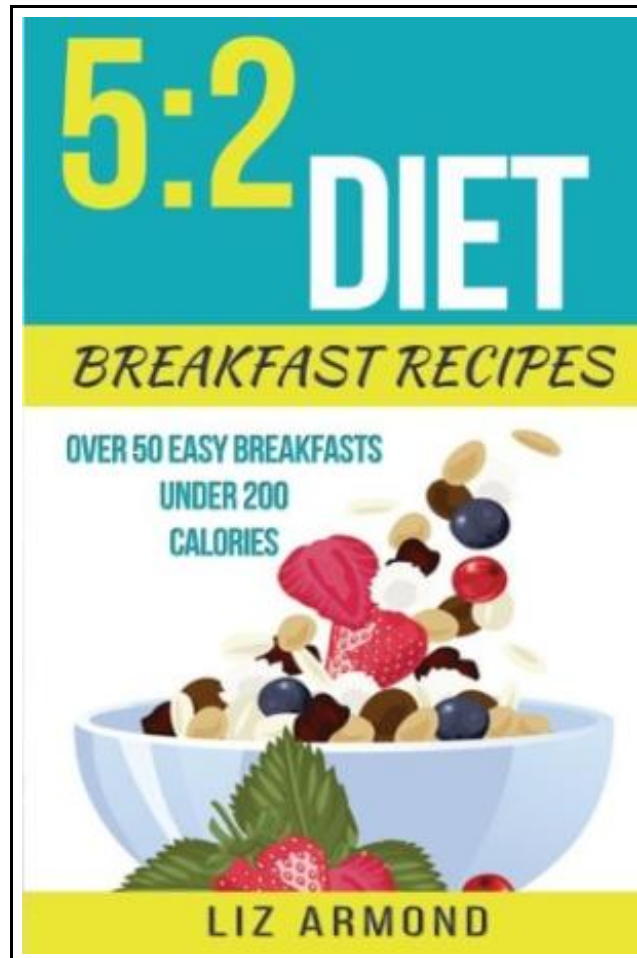


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Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 203 x 133 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.5:2 Diet Breakfast Recipes This cookbook contains all the breakfasts you need to follow the 5:2 Fast Diet. This is the diet that lets you eat normally five days a week and semi-fast for the other two days. You don t always know what to eat for breakfast on a fasting day in case you use a big chunk of your calories on your first meal. It also makes sense to prepare or cook something quick and easy because you won t have a lot of time most mornings. There are over 50 breakfast recipes in this cookbook that will solve those problems. The recipes included here have been carefully put together with a balance of protein and carbohydrates, they will satisfy even the hungriest appetites and set you up for the day ahead. Recipes are listed by calorie count and where possible have been given for one portion. Many of the recipes are suitable for freezing so make a batch of your favourite muffin or omelette so that you can just eat and go. This will also save you cooking every fasting day which should make it easier to stick to it. Also included: An overview of the Fast Diet plus a Quick Start Guide A list of snacks to stave off hunger pangs Calorie counts for all recipes with preparation and cooking times Handy Calorie Counter So if you want some delicious but low calorie breakfasts that will help you to stick to your Fast Diet and lose weight easily, grab this book, you will be delighted with the results.

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