

## The 5 2 Diet Book

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what readers say about the 5 2 diet book worth every penny to help change your attitude to food and be healthier being a sporty male i was interested by the long term health benefits inspirational reading kate s honest guide helped me through the first fast day it should be your bible the 5 2 diet will transform your body your mind and your health it s the revolutionary part time weight loss diet with lifelong health and anti ageing results this is the simplest most flexible and most health enhancing weight loss programme you ll ever follow and with this book to guide you you can start today you ll still get to eat all the foods you love but enjoy incredible health benefits with positive effects on cancer heart disease alzheimer s and more intermittent fasting is revolutionising the weight loss world simply by eating significantly less for one or two days a week you can trigger incredible physical and mental changes that protect your body and brain from damage and help it repair itself and the 5 2 diet book packed with tips science recipes inspiration and case studies from over thirty dieters will help you join the revolution to lose weight boost your brain and transform your body and it ll even save you money with no specialist diet foods or supplements required no wonder it s as popular with men as it is with women and with first time dieters as with weight loss veterans journalist and former yoyo dieter kate harrison has finally won the battle with her weight now she shares the secrets that are helping thousands of men and women transform their bodies the 5 2 diet book is your comprehensive guide to the wonderful world of intermittent fasting it includes all you need to trigger the healing mode that happens when you restrict your diet for as little as one day a week the incredible effects on your brain cells the transformation in how you view hunger and food the cost savings you can make saving pounds from your food bill as you lose them from your body 5 2 your way how to personalise the diet to your exact requirements and preferences detailed meal plans and simple but healthy recipes or ready made suggestions for when you don t feel like cooking hundreds of real life tips and success stories from men and women like you this is more than another diet craze it s anything but crazy and it s a lifestyle you ll want to adopt for the rest of your life

discover the power of intermittent fasting a way of eating that is sustainable flexible and beneficial to both body and mind intermittent fasting is the quickest and healthiest way to lose weight and keep it off with the 5 2 diet you can eat all your favorite foods for five days each week as long as you limit your caloric intake to 500 calories on the other two days for anyone who has struggled to shed pounds this approachable motivational program makes it easy to slim down naturally increase energy reset your metabolism heal your body on a cellular level full of firsthand testimonials from successful dieters so you can find the best way to tailor the technique and make sure it works for you the 5 2 diet also provides meal plans and recipes to keep you on track as you slim down stay healthy and fight the onset of cancer alzheimer s diabetes and heart disease

intermittent fasting is a safe and sensible way not only to lose weight but also to transition to a healthier way of eating unlike the deprivation associated with full fasting the 5 2 diet allows for reduced calorie meals two days a week on the other five days you meet your recommended caloric intake with the help of a variety of healthful recipes the 5 2 fast diet for beginners is a complete guide to intermittent fasting included are 16 reduced calorie fasting day recipes to make your dieting days both easy and flavorful 35 non fasting day recipes that offer you healthful choices for breakfast lunch and dinner as well as low cal dessert and treat options use these recipes along with your own favorites to round out your month s meal plan 4 weeks of fasting day meal plans geared to the 500 calorie goal for women and 600 calorie goal for men recommended by the 5 2 diet 10 tips for motivation and success to get you started toward your weight loss goals and to keep you on track references to scientific studies pointing to intermittent fasting s positive effects on heart health brain function and blood sugar regulation the 5 2 fast diet for beginners the complete book for intermittent fasting with easy recipes and weight loss plans is all you need to begin experiencing the weight loss and health benefits associated with intermittent fasting

the 5 2 diet will transform your body your mind and your health it is the revolutionary part time weight loss diet with lifelong health and anti ageing results this is the simplest most flexible and most health enhancing weight loss programme you ll ever follow and with this book to guide you you can start today you ll still get to eat all the foods you love but enjoy incredible health benefits with positive effects on cancer heart disease alzheimer s and more

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