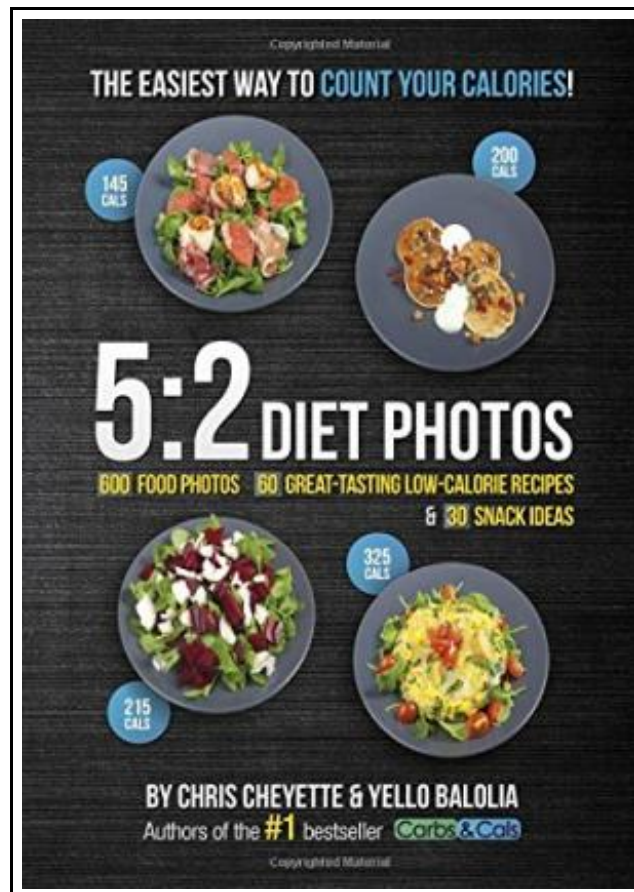


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Chello Publishing. Paperback. Book Condition: new. BRAND NEW, 5:2 Diet Photos: 600 Food Photos, 60 Low-Calorie Recipes & 30 Snack Ideas, Chris Cheyette, Yello Balolia, The brains behind the #1 bestselling Carbs & Cals are back with the perfect 5:2 diet companion; a collection of food photos designed to visually present the calorie content of controlled but delicious food portions, making your two fasting days easier than ever before. For those on the now famous 5:2 Diet, knowing what to eat on the two weekly fasting days is key; having flexibility with food choices and looking forward to an appetising meal helps maintain motivation and allows dieters to plan ahead. 5:2 Diet Photos is the perfect, problem-solving companion for everyone interested in the popular 5:2 diet. Offering up a delicious platter of over 600 mouth-watering food photos, ranging in calorie content, it finally answers the dieter's dilemma, "what can I eat on my two 500 calorie days?". Senior Dietitian Chris Cheyette and photographer Yello Balolia share their simple but effective guide to following the 5:2 healthy eating regime. Useful for fasting days, and on the other five days of the week too, the book enables dieters and the health conscious to make the most out of this successful approach to eating. 5:2 Diet Photos helps explain exactly how to manage fasting and non-fasting days. As well as displaying calories, every photo in the book shows the amount of protein (which has been scientifically proven to keep you feeling fuller for longer) and fruit & veg portions that count towards your 5-a-day. The full-colour publication features a series of tasty recipes from as little as 100 calories. And with tasty snack ideas that will keep your fingers out of the biscuit tin, 5:2 Diet Photos will help everyone reach their healthy...



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