



The Easy Fasting Diet Cookbook: Ultra-Low Calorie Recipes to Make Fast Days Feel Like Food Days

By Penny Doyle

Anness Publishing. Paperback. Book Condition: new. BRAND NEW, The Easy Fasting Diet Cookbook: Ultra-Low Calorie Recipes to Make Fast Days Feel Like Food Days, Penny Doyle, This title features ultra-low calorie recipes to make fast days feel like food days. It is a practical guide to the intermittent fasting diet, with a detailed introduction explaining how to make 5:2 or 4:3 patterns part of your week. It presents 130 recipes containing from as little as 60 calories to tempting platefuls well under 500 calories. Recipes are designed to keep energy up on fasting days, and include smoothies, hearty soups, fresh salads, spicy stir-fries, high-protein main dishes and even sweet treats. It includes food charts and mix-and-match eating plans. The intermittent fasting diet, or alternate day fasting, is transforming lives. It is based on the principle that reducing your daily intake to under 500 calories for selected days a week is a more natural way to eat, as well as a highly effective way of reducing weight rapidly. This book explains how to introduce fasting into a busy lifestyle, work out calorie counts, avoid hunger pangs and manage fast days, with 130 sustaining, healthy and delicious recipes. With nutritionally-balanced dishes that...



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Reviews

This book is definitely not straightforward to get started on studying but extremely exciting to read. It is really simplistic but shocks in the 50 percent of the ebook. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- **Ally Reichel**

This publication is amazing. It is definitely basic but shocks in the fifty percent of your publication. You wont feel monotony at anytime of your own time (that's what catalogues are for concerning if you question me).

-- **Prof. Kirk Cruickshank DDS**