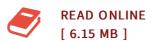




200 5:2 Diet Recipes

By Angela Dowden

Paperback. Book Condition: New. Not Signed; Whether you're new to the 5:2 diet and you're thinking about giving it a go, or you're already a convert and are looking for recipes to improve your fasting days, this is the book for you. Choose from a delicious range of satisfying light meals from a variety of world cuisines, all organised by mealtime so that you can quickly select a recipe. Get your fasting day off to a good start with a breakfast of fragrant Moroccan baked eggs or chunky Mapleglazed granola. Opt for a light lunch of Chicken burgers with tomato salsa, Chilli & coriander fish parcels or Smoky bacon & white bean soup to see you through the afternoon. End the day with a serving of Lamb & flageolet bean stew, Chicken & spinach curry or a special meal of Lobster with shallots & vermouth. You can even include sweet treats without breaking your diet - this selection includes Brulee vanilla cheesecake, Chocolate & chestnut roulade and Cherry & nectarine pavlova. Make the 5:2 diet a life choice with this indispensable recipe collection. book.



Reviews

It becomes an incredible book that we actually have possibly study. It really is rally exciting through studying period of time. I am very easily could get a satisfaction of reading through a written book.

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