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By Jacqueline Whitehart

HarperCollins Publishers. Paperback. Book Condition: new. BRAND NEW, The 5:2 Bikini Diet: Over 140 Delicious Recipes That Will Help You Lose Weight, Fast! Includes Weekly Exercise Plan and Calorie Counter, Jacqueline Whitehart, Lose up to 14 lbs in just 4 weeks! By dieting for only two days a week you can have the bikini body you've always dreamed of - fast. With over 140 mouth-watering and filling recipes, all under 500 calories, bestselling diet author Jacqueline Whitehart is the answer to your dieting prayers. The 5:2 Bikini Diet offers a new and fresh approach to the Intermittent Fasting phenomenon that will get you in bikini-ready shape super fast. This essential guide is the fastest, easiest path to achieving the body you have always dreamed of - and you'll not only lose weight fast, you'll lower the risk of age-related illnesses such as Alzheimer's, diabetes and heart disease too. Cut your calories, transform your look and start your weight-loss journey today.



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