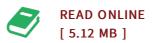




5: 2 Diet Breakfast Recipes: Over 50 Easy Breakfasts Under 200 Calories

By Liz Armond

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 203 x 133 mm. Language: English . Brand New Book ***** Print on Demand *****.5:2 Diet Breakfast Recipes This cookbook contains all the breakfasts you need to follow the 5:2 Fast Diet. This is the diet that lets you eat normally five days a week and semi-fast for the other two days. You don t always know what to eat for breakfast on a fasting day in case you use a big chunk of your calories on your first meal. It also makes sense to prepare or cook something quick and easy because you won t have a lot of time most mornings. There are over 50 breakfast recipes in this cookbook that will solve those problems. The recipes included here have been carefully put together with a balance of protein and carbohydrates, they will satisfy even the hungriest appetites and set you up for the day ahead. Recipes are listed by calorie count and where possible have been given for one portion. Many of the recipes are suitable for freezing so make a batch of your favourite muffin or omelette so that you can just eat and go....



Reviews

This publication may be worth purchasing. it was actually writtern quite flawlessly and valuable. I am just happy to tell you that this is actually the very best book i actually have study inside my personal life and can be he best ebook for actually.

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This is the greatest book we have study right up until now. This can be for all those who statte that there was not a worth reading. Your lifestyle period will probably be enhance when you complete looking at this ebook.

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