



## 5: 2 Healthy Eating for Life: Delicious Calorie-Counted Recipes for Fast Days, Family Meals and Entertaining

By Belinda Berry

Createspace. Paperback. Book Condition: New. This item is printed on demand. Paperback. 172 pages. Dimensions: 10.9in. x 8.5in. x 0.6in. Belinda Berry's love of fresh, seasonal foods shines through in this book of delicious calorie-counted recipes for Fast Days, Family Meals and Entertaining. Whether you are following the 5: 2 Intermittent Fasting way of eating or simply looking for inspiration for light and healthy meals, these flavourful and easy to prepare recipes will fill your plate with food that tastes as good as it looks. Fully illustrated with over 200 full colour photographs, there are 170 recipes for Dips and Appetizers, Soups, Salads, Light Meals, Main Meals, Breads, Desserts and Drinks. Many of the recipes are designed to be prepared for one person, but are easily scaleable. There is no need to feel deprived when you can eat such delicious food as this - even small portions will leave you feeling satisfied. The recipes cater for vegetarians as well as meat and fish eaters and tend to be low in sugar and carbohydrates, with an emphasis on the use of unrefined foods. Throughout, the emphasis is on simple but tasty meals, using herbs and spices to bring basic ingredients to life...



**READ ONLINE**  
[ 5.61 MB ]

### Reviews

*This pdf may be worth purchasing. This is for anyone who statte there was not a really worth reading. I found out this pdf from my i and dad encouraged this pdf to understand.*

-- **Mrs. Annamae Raynor**

*If you need to adding benefit, a must buy book. This really is for all who statte that there had not been a well worth reading. It is extremely difficult to leave it before concluding, once you begin to read the book.*

-- **Claud Bernhard**