

Weight Loss: The 5:2 Diet - Lose Weight FAST with the The Essential 5:2 Diet Guide!: The Essential 5:2 Diet Guide: Includes recipes! (fasting, happy herbivore, plant-based, dieting, vegan)

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Like the idea of being able to eat what you want for 5 days a week, and then simply fast for the other 2 days, and then lose a load of weight!? Introducing the 5:2 Diet. Popular in the UK because it actually works... get ahead of your peers in the USA now with this epic diet! Discover all about the 5:2 Diet with The Essential 5:2 Diet Guide! Get this book now to discover all about the hype surrounding the 5:2 diet! Tailored specifically for Americans, with cup sized recipes and localised stores and currency, this book will show you the science behind the diet, how it can help people who suffer from diabetes as well as people who have a normal metabolism, and how you can lose weight by eating normally for 5 days and fasting for 2 days! Included are recipe guides in US serving sizes and much more! Here is a sample of what you will learn... What is the 5:2 diet and why is it so popular?How it can help people who have Type 2 Diabetes!How fasting for 2 days is good for you!Recipes!Calorie Control!Acquiring the right diet mindset!Much, much more!Start losing weight and living a balanced, healthy lifestyle easily now! tags: diet, paleo diet, atrial fibrillation diet, diet foods, diet weight loss, diabetes diet, fasting, 5:2, five, two, 5, 2, U.S, United States, atkins, paleo, low carb, high protein, carbs, fast, fasting, food, drink, sex,

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