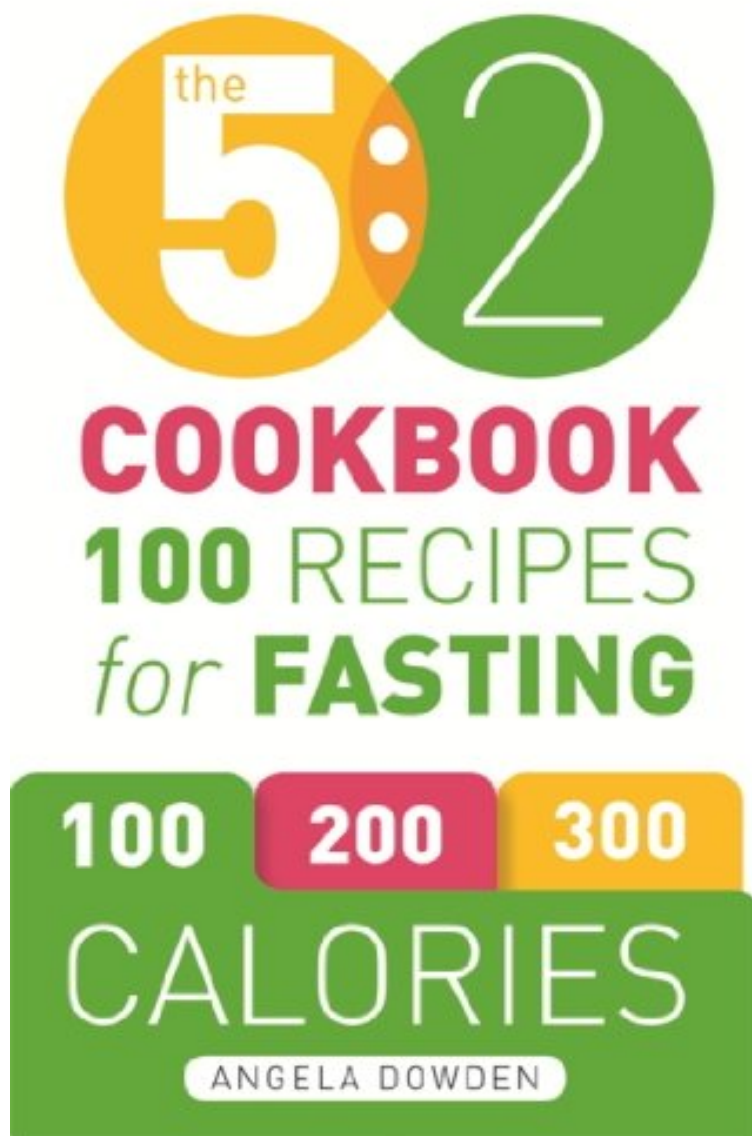


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The 5:2 Cookbook: 100 Recipes for Fasting (English Edition)



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Description :

Prsentation de l'diteurThe 5:2 lifestyle diet is sweeping the nation. It allows you to change your life for the better by dieting just 2 days a week. You will live longer, lose weight and feel great by reducing your calorie intake to 500/600 calories for just 2 days a week. The rest of the week you can eat normally, eat out and even have treats. But what to eat on a fasting day? Bored with omelette and ham salad? Want something quick and easy but don't know what? Look no further: with over 100 calorie-counted recipes specially

designed for fasting, it couldn't be easier to put the 5:2 diet into practice. All the recipes are quick and easy to make and taste delicious, so fasting need not be a chore. Includes: 100 calorie-counted recipes, 1 month meal planner, calorie counter, 50 ideas for 100-calorie snacks, 50 ideas for 50-calorie snacks, 50 ideas for guilt-free snacks, plus tips and techniques on mastering portion control, good nutrition, and keeping it up for life.

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Biographie de l'auteur Angela has a degree in Food Science from Nottingham University and has worked in the food industry for eight years as a nutritionist. For the last 15 years she has also worked as a journalist, writing for everybody from the World Cancer Research Fund to Closer magazine, covering everything from energy density and the fat content of minced beef to the latest celebrity diet. In 2012 she was awarded Nutrition and Health Writer/ Broadcaster of the Year. Her nutrition philosophy is fat-free and pragmatic; she loves food and doesn't do lectures on lentils (although she thinks they're lovely too!).