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The Fast Diet Recipe Book: 150 Delicious, Calorie-controlled Meals to Make Your Fasting Days Easy

By Mimi Spencer, Sarah Shenker

Short Books Ltd. Paperback. Book Condition: new. BRAND NEW, The Fast Diet Recipe Book: 150 Delicious, Calorie-controlled Meals to Make Your Fasting Days Easy, Mimi Spencer, Sarah Shenker, FOLLOWING THE NO 1 BESTSELLING FAST DIET, this fabulous cook book offers 180 carefully crafted, nutritious, low-calorie recipes to enable you to incorporate the 5:2 weight-loss system into your daily life. Ranging from simple breakfasts to leisurely suppers, the recipes are all expertly balanced and calorie-counted by Spurs and Chelsea nutritionist Dr Sarah Schenker designed to fill you up and stave off hunger. There are also detailed menu plans and plenty of encouraging tips, including kitchen-cupboard essentials, the latest nutritional advice and a whole section of speedy meals for busy days. This book offers a groundbreaking companion guide to the Fast Diet. You will never have to worry about planning your Fast Days again.



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