



# 5:2 Diet Recipes: Super Healthy, Easy & Low Calorie Recipes for Intermittent Fasting Days

## (Fast Diet Recipes)

*Gillian Hyman*

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**Our #1 Recommended Recipe Book For 5:2 Dieters  
GET OVER 80 LOW CALORIE 5:2 DIET RECIPES**

**A FULL 7-DAY MEAL PLAN**

**USEFUL LIST OF 99 FOODS BELOW 100 CALORIES**

Losing Weight doesn't get easier than this. Melt some fat and boost your health!

5:2 Diet also known as the Intermittent Fasting (IF) or Fast Diet has been working wonders for those who use these recipes to lose weight and improve their overall health. These recipes are designed to turn your weight loss dreams into a reality.

In this recipe book, you'll find over 80 calorie counted recipes that will tickle your taste buds and give you total satisfaction, fill you up, and also help you to lose weight. They are delicious yet easy recipes that are MAINLY WITHIN a 100 - 200 calorie count. All effort was made to ensure that your days on the 5:2 Diet are much easier. Delicious Breakfast, Lunch & Dinner!

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