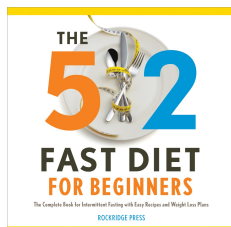


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## THE 5 2 FAST DIET FOR BEGINNERS THE COMPLETE BOOK FOR INTERMITTENT FASTING WITH EASY RECIPES AND WEIGHT LOSS PLANS UNABRIDGED EBOOKS 2019



Author: Rockridge Press

Release Date: Expected @@expectedReleaseDate@@

Don't starve yourself! The 5:2 Fast Diet for Beginners is the perfect resource to begin a successful fasting and transformative eating plan. The intermittent fasting method of the 5:2 Fast Diet is a safe and easy way to cleanse, detoxify, and lose weight - without going hungry. Unlike starvation diets, which typically fail, the 5:2 Fast Diet balances 5 days of regular eating with 2 days of reduced-calorie meals. Easy to follow, the 5:2 Fast Diet is a proven method for better health and effective weight loss. The 5:2 Fast Diet for Beginners is the only guide you'll need to transition to a healthier way of eating and dieting.

Get started right away with easy tips for first-time fast dieters.

Don't deprive yourself! Enjoy low-calorie recipes and delicious snacks on your fasting days.

Ensure success with step-by-step meal plans.

Achieve your weight-loss goals with dozens of healthy recipes.

Stay on track with motivational reminders and expert weight loss tips.

Lose weight and enjoy better health with The 5:2 Fast Diet for Beginners, your easy introduction to the revolutionary intermittent fasting method and its proven results.

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