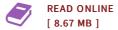


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## 200 5:2 Diet Recipes: Hamlyn All Colour Cookboo

## By Angela Dowden

Octopus Publishing Group. Paperback. Book Condition: new. BRAND NEW, 200 5:2 Diet Recipes: Hamlyn All Colour Cookboo, Angela Dowden, Whether you're new to the 5:2 diet and you're thinking about giving it a go, or you're already a convert and are looking for recipes to improve your fasting days, this is the book for you. Choose from a delicious range of satisfying light meals from a variety of world cuisines, all organised by mealtime so that you can quickly select a recipe. Get your fasting day off to a good start with a breakfast of fragrant Moroccan baked eggs or chunky Maple-glazed granola. Opt for a light lunch of Chicken burgers with tomato salsa, Chilli & coriander fish parcels or Smoky bacon & white bean soup to see you through the afternoon. End the day with a serving of Lamb & flageolet bean stew, Chicken & spinach curry or a special meal of Lobster with shallots & vermouth. You can even include sweet treats without breaking your diet - this selection includes Brulee vanilla cheesecake, Chocolate & chestnut roulade and Cherry & nectarine pavlova. Make the 5:2 diet a life choice with this indispensable recipe collection. Check out some of...



## Reviews

This book will be worth buying. Better then never, though i am quite late in start reading this one. You may like how the blogger compose this publication. -- Mrs. Kylie Oberbrunner II

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