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# THE 5:2 COOKBOOK: 100 RECIPES FOR FASTING (PAPERBACK)



Octopus Publishing Group, United Kingdom, 2013. Paperback. Condition: New. UK ed.. Language: English . Brand New Book. The 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....

#### Download PDF The 5:2 Cookbook: 100 Recipes for Fasting (Paperback)

- Authored by Angela Dowden
- Released at 2013



Filesize: 7.17 MB

#### Reviews

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-- Howell Reichel

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-- Kyla Goodwin

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