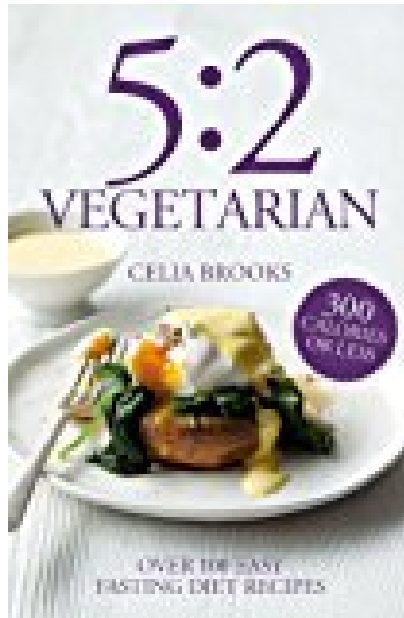


5 2 Vegetarian Over 100 Easy Fasting Diet Recipes



BOOK DETAILS

- Author : Celia Brooks
- Pages : 224 Pages
- Publisher : Pavilion
- Language : English
- ISBN : 1909815012

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BOOK SYNOPSIS

The 5:2 Diet, also known as The Fast Diet, is gaining momentum worldwide as thousands of people who try it see how effective it is for weight loss and improving their general well-being. Many books about the diet focus on fish and meat and ignore the fact that as a vegetarian you are perfectly placed to follow the diet with amazing low-calorie vegetables. This book makes fast days interesting, fun and painless. Everything here is nutritious and vegetarian, with many vegan-friendly recipes. Most recipes are also gluten-free. The fast-day meal recipes are all super quick (30 minutes or less), accessible, satisfying, and nutrient-rich, yet all under 300 calories. If you're cooking for non-fasters, there are suggestions for multiplying and bulking out the meals for family members. With an introduction to the 5:2 lifestyle, advice on how to stock your kitchen, and easy and delicious fast-day recipes for breakfast, snacks, main meals, flavour bombs, drinks, weekly meal planners, calorie charts and plenty of fasting tips, this is the book to change your life, for good.

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