



Beginner's Guide to the Two-Day 5:2 Diet Plan & Meals For One Recipe Cookbook: Easy & Healthy Cooking for 1 Low-Fat & Low-Calorie Recipes, (The Best 5:2 Fast Diet Recipes) (Volume 3)

Milly White

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Are you intrigued by a **diet plan** which offers an **effective solution** that will **help you lose weight** and **improve your health**, whilst still **allowing you to eat all of the foods that you love**? What about a diet plan that allows you to be **relaxed and free to eat well on five days a week**? Have you previously started a new diet plan only to end up feeling let down, discouraged and defeated? With the **Two-Day 5:2 Diet Plan** you **just diet on a two days a week** and then **eat normally (but healthily) on the remaining 5, with no calorie counting** on those days. It is so popular and successful because it's:

- Simple
- Convenient
- Easy to follow.

The **Two-Day 5:2 Diet Plan** also suits **anyone who has struggled to maintain their will-power** or become bored of dieting over a sustained period of time. With the **Two-Day 5:2 Diet Plan**, as you diet for just 2 days a week, you:

- only need to maintain will-power in short bursts
- don't get bored as within 24 hrs you can eat whatever tickles your taste buds!

This **Two-Day 5:2 Diet Plan Low Calorie Easy Meals For One Recipe Cookbook** will explain:

- why the Two-Day 5:2 Diet Plan has become so popular
- whether following the Two-Day 5:2 Diet Plan can lead to weight loss
- whether the Two-Day 5:2 Diet Plan is a healthy diet plan and suitable for anyone
- what to eat on the diet days on the Two-Day 5:2 Diet Plan
- eating well on your 5 non-diet days
- the Easy Three-Steps to the Two-Day 5:2 Diet Plan.

Cooking for 1 on the Two-Day 5:2 Diet Plan

Cooking for one on the **Two-Day 5:2 Diet Plan** might seem **like a thankless task** and a lot of work and effort. What's more, how do you scale down a recipe so that it not only meets your low-calorie needs but is also suitable for just one serving? Fortunately, **The Two Day 5:2 Diet Plan Low Calorie Easy Meals For One Cookbook** solves that dilemma. The **over 30 single serving calorie-counted recipes** in this book make it so easy to enjoy delicious, perfectly portioned meals. In this book you will find:

- Quick & Easy Solo Breakfast Recipes - all under 110 calories
- Single Serving Tasty Toasties, Wraps, Pittas & Quesadillas - all around 200 Cals
- One Portion Fresh, Flavoursome Salads - all under 300 Cals
- Super Single Serving Vegetarian Meals - all under 300 Cals
- Individual Fabulous Fish & Chicken Meals - all under 300 Cals

You will be able to **eat Breakfast, Lunch & Dinner on your Fast-Diet-Days**, keeping hunger (and boredom) at bay, with **over 30 fresh, tasty, Complete Meal Calorie-Counted Recipes, all under 300 calories**, including:

- Creamy Tomatoes on Toast *106 cal*
- Chicken, Artichoke and Spinach Caesar Wrap *194 cal*
- Watercress, Goat's Cheese and Plum Salad *235 cal*
- Lemon Herb Couscous with Falafels *299 cal*
- Quick & Easy Creamy Roasted Pepper, Tomato & Caper Pasta *274 cal*
- Haddock & Spinach Mornay Gratin *197 cal*
- Southern (Un)Fried Chicken with Baby Corn Salad *245 cal*

Packed **full of flavourful, natural, healthy ingredients, perfectly portioned for one**, these delicious recipes won't leave you feeling hungry or unsatisfied after eating.

This book is part of The Two-Day 5:2 Diet Plan Cookbook Series, which is made up of:

- The 5:2 Diet & Recipe Cookbook - Two Day Fast Diet Book (*42 Recipes, ASIN: B00KBSYQEC*)
- Beginners Guide to the Two-Day 5:2 Diet Plan & Meals For One Cookbook (*36 Recipes, ASIN: B00NJYU6W6*)
- Getting Started on the Two-Day 5:2 Diet Plan & Slow-Cooker Recipe Cookbook (*34 Recipes, ASIN: B00NI7G9TS*)

You can also buy all three books as a complete set (*ASIN: B00NMM5H9M*).

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From reader reviews:

Janie Ross:

Do you have favorite book? Should you have, what is your favorite's book? Guide is very important thing for us to understand everything in the world. Each publication has different aim or maybe goal; it means that reserve has different type. Some people truly feel enjoy to spend their the perfect time to read a book. They can be reading whatever they consider because their hobby is definitely reading a book. What about the person who don't like examining a book? Sometime, person feel need book when they found difficult problem or maybe exercise. Well, probably you will want this Beginner's Guide to the Two-Day 5:2 Diet Plan & Meals For One Recipe Cookbook: Easy & Healthy Cooking for 1 Low-Fat & Low-Calorie Recipes, (The Best 5:2 Fast Diet Recipes) (Volume 3).

Joseph Woodruff:

Information is provisions for individuals to get better life, information today can get by anyone in everywhere. The information can be a knowledge or any news even a huge concern. What people must be consider any time those information which is from the former life are difficult to be find than now's taking seriously which one is acceptable to believe or which one typically the resource are convinced. If you obtain the unstable resource then you get it as your main information we will see huge disadvantage for you. All those possibilities will not happen inside you if you take Beginner's Guide to the Two-Day 5:2 Diet Plan & Meals For One Recipe Cookbook: Easy & Healthy Cooking for 1 Low-Fat & Low-Calorie Recipes, (The Best 5:2 Fast Diet Recipes) (Volume 3) as the daily resource information.

Scott Frew:

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Nick Peoples:

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point is difficult job because you are scared that the inside maybe not seeing that fantastic as in the outside look likes. Maybe you answer is usually Beginner's Guide to the Two-Day 5:2 Diet Plan & Meals For One Recipe Cookbook: Easy & Healthy Cooking for 1 Low-Fat & Low-Calorie Recipes, (The Best 5:2 Fast Diet Recipes) (Volume 3) why because the excellent cover that make you consider in regards to the content will not disappoint anyone. The inside or content is actually fantastic as the outside as well as cover. Your reading 6th sense will directly show you to pick up this book.

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