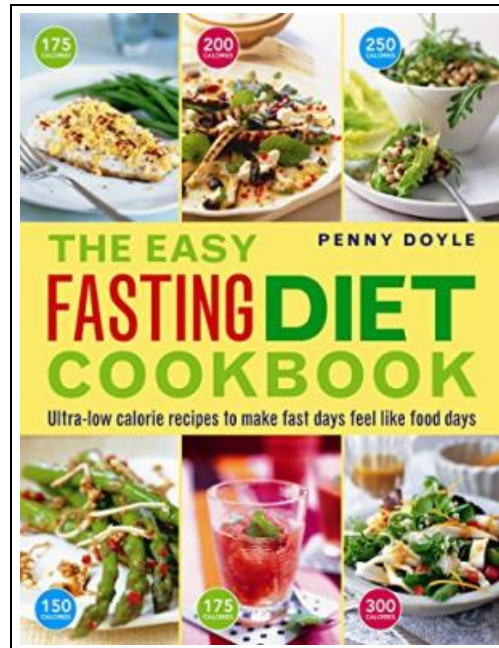


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The publication is great and fantastic. It is probably the most remarkable book i actually have read through. Its been printed in an exceedingly easy way and it is merely right after i finished reading through this publication where in fact altered me, modify the way i think.

(Tomas Witting)

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Anness Publishing, United Kingdom, 2014. Paperback. Condition: New. Language: English . Brand New Book. This title features ultra-low calorie recipes to make fast days feel like food days. It is a practical guide to the intermittent fasting diet, with a detailed introduction explaining how to make 5:2 or 4:3 patterns part of your week. It presents 130 recipes containing from as little as 60 calories to tempting platefuls well under 500 calories. Recipes are designed to keep energy up on fasting days, and include smoothies, hearty soups, fresh salads, spicy stir-fries, high-protein main dishes and even sweet treats. It includes food charts and mix-and-match eating plans. The intermittent fasting diet, or alternate day fasting, is transforming lives. It is based on the principle that reducing your daily intake to under 500 calories for selected days a week is a more natural way to eat, as well as a highly effective way of reducing weight rapidly. This book explains how to introduce fasting into a busy lifestyle, work out calorie counts, avoid hunger pangs and manage fast days, with 130 sustaining, healthy and delicious recipes. With nutritionally-balanced dishes that keep you fuller for longer, and make the most of low calorie ingredients, this book makes steady and sustainable weight loss an achievable goal.



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