



The 5:2 Diet: Feast for 5 Days, Fast for 2 Days to Lose Weight and Revitalize Your Health

Kate Harrison

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JOIN THE 5:2 REVOLUTION

Intermittent fasting is the quickest and healthiest way to lose weight—and keep it off. With *The 5:2 Diet*, you can eat all your favorite foods for five days each week as long as you limit your caloric intake to 500 calories on the other two days. For anyone who has struggled to shed pounds, this approachable, motivational program makes it easy to:

- slim down naturally**
- increase energy**
- reset your metabolism**
- heal your body on a cellular level**

Full of first-hand testimonials from successful dieters so you can find the best way to tailor the diet and make sure it works for you. You'll also get meal plans and recipes to guarantee you stay on track. In addition to fighting the onset of cancer, Alzheimer's, diabetes and heart disease.

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From reader reviews:

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Charles Carey:

The book The 5:2 Diet: Feast for 5 Days, Fast for 2 Days to Lose Weight and Revitalize Your Health can give more knowledge and also the precise product information about everything you want. So why must we leave the good thing like a book The 5:2 Diet: Feast for 5 Days, Fast for 2 Days to Lose Weight and Revitalize Your Health? A number of you have a different opinion about publication. But one aim in which book can give many data for us. It is absolutely proper. Right now, try to closer with your book. Knowledge or info that you take for that, it is possible to give for each other; you can share all of these. Book The 5:2 Diet: Feast for 5 Days, Fast for 2 Days to Lose Weight and Revitalize Your Health has simple shape but the truth is know: it has great and massive function for you. You can seem the enormous world by open up and read a guide. So it is very wonderful.

Charles Morris:

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Keith Mayo:

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