



5:2 Diet: Beginners Guide to Intermittent Fasting for Rapid Weight Loss and Improved Health (Health, Weight Loss and Well being)

Peter David

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LOSE WEIGHT WITH THE 5:2 DIET!

The 5:2 diet is perfect for anyone who wants to lose weight without placing themselves under too much pressure immediately. Other diets can be very difficult to stick to and that's simply because it is hard to follow very precise instructions everyday without a break. The 5:2 diet however, makes failure almost impossible and I'm not saying that only to get your attention but mainly because it is true. This diet let's you be on a diet for 2 days within the week and the other 5 days you basically go back to your usual routine. How can you say no to something like that? Dieting shouldn't be difficult and this book shows you how simple it is and get amazing results.

If you want to lose weight, become healthier, have that life changing success then make the life changing decision and follow the instructions within this book. Weight loss shouldn't be a problem and with the right information it won't be. Fortunately all the right information on the 5:2 diet can be found here in this book.

Just take a look at what's inside

- The 5:2 Diet Overview
- The 5:2 Diet Shopping List
- 500 Calorie Meals
- 250 Calorie Meals
- 100 Calorie Meal and Snacks
- Non-Fast Day Meals
- Success with the 5:2 Diet
- Frequently Asked Questions
- And Much, Much More

Take action now and order your copy of this book so you too can discover this revolutionary method for only \$12.99

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Janie Ross:

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