



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:

Jeffrey Smith:

What do you ponder on book? It is just for students since they're still students or the idea for all people in the world, what the best subject for that? Only you can be answered for that issue above. Every person has several personality and hobby for every single other. Don't be pushed someone or something that they don't want do that. You must know how great along with important the book 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). All type of book can you see on many methods. You can look for the internet sources or other social media.

Linda Henderson:

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Ruth Haddock:

Are you kind of busy person, only have 10 or even 15 minute in your time to upgrading your mind expertise or thinking skill actually analytical thinking? Then you are experiencing problem with the book than can satisfy your short period of time to read it because all this time you only find publication that need more time to be learn. 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) can be your answer given it can be read by an individual who have those short extra time problems.

Cheryl Lopez:

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individual happier to read. It is most significant that, you must aware about guide. It can bring you from one destination for a other place.

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