

5 to 2 diet recipes

5 to 2 diet recipes have gained remarkable popularity among individuals seeking effective ways to lose weight while maintaining a balanced and enjoyable diet. The 5:2 diet, also known as the Fast Diet, involves eating normally for five days of the week and significantly reducing calorie intake on the remaining two non-consecutive days. This approach offers flexibility and simplicity, making it easier for many to stick to their weight loss goals. However, the success of this diet heavily depends on the quality and variety of recipes chosen for the low-calorie days. The right 5 to 2 diet recipes not only help control calorie intake but also ensure nutritional adequacy, satisfaction, and flavor. In this article, we'll explore some delicious, nutritious, and easy-to-make recipes tailored for your 2 fasting days, along with tips on how to incorporate them into your routine.

Understanding the 5 to 2 Diet and Its Meal Planning

Before diving into specific recipes, it's essential to understand how the 5:2 diet works and how meal planning plays a vital role in your success.

How the 5:2 Diet Works

The 5:2 diet involves:

- Eating normally five days a week without calorie restrictions.
- Limiting calorie intake to approximately 500 calories for women and 600 calories for men on two non-consecutive days.
- Focusing on nutrient-dense, filling foods during fasting days to prevent hunger and maintain energy.

Meal Planning Tips for Fasting Days

- Prepare meals in advance to avoid impulsive high-calorie choices.
- Incorporate high-protein and high-fiber foods to stay full longer.
- Stay hydrated with water, herbal teas, or black coffee.
- Choose recipes that are simple, flavorful, and satisfying, preventing the feeling of deprivation.

Top 5 Delicious 5 to 2 Diet Recipes

Here, we present five recipes tailored for your low-calorie days—each designed to be nutritious, filling, and easy to prepare.

1. Vegetable Egg Drop Soup

Calories: Approximately 80-100 calories per serving

Ingredients:

- 4 cups vegetable broth
- 2 large eggs
- 1 cup spinach or kale, chopped
- 1 small carrot, grated
- 2 cloves garlic, minced
- Salt and pepper to taste
- Optional: chopped scallions or herbs for garnish

Preparation:

1. Bring the vegetable broth to a boil in a saucepan.
2. Add minced garlic and grated carrot; simmer for 5 minutes.
3. Reduce heat to low and slowly pour beaten eggs into the broth, stirring gently to create egg ribbons.
4. Add chopped greens and cook until wilted.
5. Season with salt and pepper, garnish with scallions, and serve hot.

Benefits:

- Low in calories but high in protein and fiber.
- Hydrating and easy to digest.
- Provides essential nutrients with minimal effort.

2. Grilled Chicken Salad with Lemon Vinaigrette

Calories: Approximately 250 calories per serving

Ingredients:

- 100g boneless, skinless chicken breast
- Mixed salad greens
- Cherry tomatoes, halved
- Cucumber slices
- Red onion, thinly sliced
- 1 tbsp olive oil
- Juice of 1 lemon
- Salt and pepper

- Fresh herbs (parsley, cilantro) optional

Preparation:

1. Season chicken breast with salt, pepper, and herbs if desired.
2. Grill chicken until cooked through, then slice thinly.
3. Toss salad greens, cherry tomatoes, cucumber, and red onion.
4. Whisk lemon juice and olive oil to make vinaigrette; season with salt and pepper.
5. Top salad with sliced chicken and drizzle with vinaigrette.

Benefits:

- High in protein, low in calories.
- Rich in vitamins and antioxidants.
- Satisfying and versatile.

3. Spicy Lentil Soup

Calories: Approximately 150 calories per serving

Ingredients:

- 1 cup dried lentils, rinsed
- 4 cups vegetable broth
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 carrot, diced
- 1 tsp cumin
- 1/2 tsp chili powder
- 1 tbsp tomato paste
- Salt and pepper
- Fresh cilantro for garnish

Preparation:

1. In a large pot, sauté onion, garlic, and carrot until soft.
2. Add spices and cook for another minute.
3. Stir in lentils, tomato paste, and vegetable broth.
4. Bring to a boil, then simmer for 25-30 minutes until lentils are tender.
5. Season to taste, garnish with cilantro, and serve.

Benefits:

- Rich in plant-based protein and fiber.
- Highly filling and flavorful.
- Supports digestive health.

4. Baked Fish with Steamed Vegetables

Calories: Approximately 200 calories per serving

Ingredients:

- 100g white fish fillet (cod, haddock)
- Lemon slices
- Fresh herbs (dill, parsley)
- Assorted vegetables (broccoli, zucchini, carrots)
- Olive oil spray
- Salt and pepper

Preparation:

1. Preheat oven to 180°C (350°F).
2. Season fish with salt, pepper, herbs, and lemon slices.
3. Bake fish for 15-20 minutes until flaky.
4. Steam vegetables until tender.
5. Lightly spray vegetables with olive oil and serve alongside the fish.

Benefits:

- Lean protein source.
- Low in calories but high in essential nutrients.
- Easy to prepare and adaptable.

5. Chia Seed Pudding with Berries

Calories: Approximately 150 calories per serving

Ingredients:

- 3 tbsp chia seeds
- 1 cup unsweetened almond milk
- 1 tsp vanilla extract
- 1/2 cup mixed berries
- Sweetener (optional): stevia or a small drizzle of honey

Preparation:

1. Mix chia seeds, almond milk, vanilla, and sweetener in a bowl.
2. Stir well to prevent clumping.
3. Cover and refrigerate for at least 2 hours or overnight.
4. Top with fresh berries before serving.

Benefits:

- High in omega-3 fatty acids and fiber.
- Very low in calories but satisfying.
- Perfect for breakfast or a snack.

Additional Tips for Success on the 5 to 2 Diet

To maximize your results and enjoyment, consider these practical tips:

- **Stay Hydrated:** Drink plenty of water throughout fasting days to suppress appetite and prevent dehydration.
- **Balance Your Meals:** Incorporate protein, fiber, and healthy fats in your recipes to stay full longer.
- **Plan Ahead:** Prepare your meals ahead of time to avoid impulsive high-calorie choices.
- **Mind Portion Sizes:** Keep portions controlled to stay within calorie limits.
- **Listen to Your Body:** If you feel unwell or overly hungry, adjust your intake or consult a healthcare professional.

Conclusion

The 5 to 2 diet can be an effective and sustainable way to lose weight, provided you choose the right recipes for your low-calorie days. The recipes outlined above demonstrate that eating healthily and deliciously on fasting days is entirely possible. By incorporating nutrient-dense soups, salads, seafood, and plant-based options, you can keep your fasting days satisfying and enjoyable. Remember, the key to success with the 5:2 diet lies in planning, consistency, and making mindful choices. With these recipes and tips, you'll be well on your way to achieving your weight management goals without sacrificing flavor or nutrition.

Feel free to experiment with these recipes and tailor them to your taste preferences. Combining these low-calorie meals with your regular days of normal eating can help you develop a sustainable, healthy lifestyle. Happy fasting and cooking!

Frequently Asked Questions

What is the 5 to 2 diet, and how do recipes fit into it?

The 5 to 2 diet, also known as the Fast Diet, involves eating normally five days a week and significantly reducing calorie intake on two non-consecutive days. Recipes designed for the 5 to 2 diet are typically low-calorie, nutrient-dense meals that help you stay satisfied while adhering to the calorie restrictions of fasting days.

Can you provide some easy 5 to 2 diet recipes for beginners?

Yes, simple recipes include vegetable stir-fries with lean proteins, hearty vegetable soups, and salads with grilled chicken or fish. These meals are quick to prepare, low in calories, and packed with nutrients, making them perfect for fasting days.

Are there any delicious 5 to 2 diet recipes for vegetarians?

Absolutely! Vegetarian options include roasted vegetable quinoa bowls, lentil and vegetable soups, and zucchini noodles with tomato sauce. These recipes are filling, low in calories, and meet the dietary restrictions of the 5 to 2 plan.

What are some high-protein 5 to 2 diet recipes to keep me full longer?

High-protein recipes like grilled chicken salads, tuna lettuce wraps, and egg scramble with vegetables are excellent choices. They help maintain satiety during fasting days and support muscle preservation.

How can I make 5 to 2 diet recipes more flavorful without adding many calories?

Use herbs, spices, lemon juice, and vinegar to enhance flavor without extra calories. Incorporating garlic, chili flakes, and fresh herbs can make your meals tasty and satisfying while keeping them low-calorie.

Are there any popular 5 to 2 diet recipes shared by health influencers?

Yes, many health influencers recommend recipes like roasted cauliflower steaks, vegetable and chickpea stews, and zucchini noodles with pesto. These

meals are popular for their simplicity, flavor, and low-calorie content.

Can I prepare 5 to 2 diet recipes ahead of time?

Definitely! Many recipes such as soups, salads, and roasted vegetables can be prepared in advance and stored in the refrigerator, making it easier to stick to your fasting plan and save time during busy days.

Additional Resources

5 to 2 Diet Recipes: An In-Depth Review and Analysis

The 5 to 2 diet recipes have garnered significant attention in recent years as a flexible, sustainable approach to weight management and health improvement. Originating from intermittent fasting principles, this diet pattern involves eating normally for five days each week and drastically reducing calorie intake—typically around 500-600 calories—for the remaining two non-consecutive days. The appeal lies in its simplicity and adaptability, allowing individuals to incorporate a variety of nutritious, satisfying recipes during their low-calorie days. This article delves into the science, meal options, and practical considerations surrounding 5 to 2 diet recipes, providing a comprehensive review suitable for health-conscious readers and culinary enthusiasts alike.

Understanding the 5 to 2 Diet Framework

Before exploring specific recipes, it's essential to grasp the foundational principles of the 5 to 2 diet.

The Scientific Basis

Intermittent fasting (IF) has been extensively studied for its potential health benefits, including weight loss, improved metabolic health, and longevity. The 5 to 2 diet is a form of IF that emphasizes caloric restriction on two non-consecutive days each week, which may:

- Promote fat burning
- Support insulin sensitivity
- Reduce inflammation
- Encourage cellular repair processes

Research suggests that such short-term caloric restriction can be effective without requiring daily fasting, making it more sustainable for many individuals.

Practical Approach and Flexibility

The diet's flexibility allows individuals to choose which days to restrict calories, and the calorie limits are generally around 500 for women and 600 for men. During the five "normal" days, participants are encouraged to eat balanced, nutritious meals without specific calorie restrictions, aiming to maintain a healthy overall intake.

Developing 5 to 2 Diet Recipes: Key Principles

Effective 5 to 2 diet recipes share common characteristics:

- Low in calories: Typically under 150 calories per serving to fit into the 500-600 calorie target.
- Nutrient-dense: Rich in fiber, protein, vitamins, and minerals to promote satiety and health.
- Flavorful and satisfying: To prevent feelings of deprivation on fasting days.
- Easy to prepare: Simple ingredients and straightforward cooking methods.

Incorporating a variety of recipes helps prevent diet fatigue and ensures nutritional adequacy.

Top 5 5 to 2 Diet Recipes

Below are five carefully curated recipes that align with the principles of the 5 to 2 diet, each designed to be filling, flavorful, and within caloric limits.

1. Spicy Vegetable Soup

Calories per serving: Approximately 80-100 kcal

Ingredients:

- 1 cup chopped zucchini
- 1 cup chopped tomatoes
- 1/2 cup diced carrots
- 1/2 cup chopped celery
- 1 small onion, diced
- 2 cloves garlic, minced
- 2 cups vegetable broth

- 1 tsp chili powder
- 1/2 tsp cumin
- Salt and pepper to taste
- Fresh herbs (cilantro or parsley) for garnish

Preparation:

1. In a large pot, sauté onion and garlic until fragrant.
2. Add carrots, celery, and zucchini; cook for 5 minutes.
3. Pour in vegetable broth and bring to a boil.
4. Add tomatoes, chili powder, cumin, salt, and pepper.
5. Reduce heat and simmer for 20-25 minutes until vegetables are tender.
6. Garnish with fresh herbs before serving.

Nutritional Benefits: High in fiber and antioxidants, this soup is low-calorie but filling, making it an ideal low-calorie meal on fasting days.

2. Grilled Chicken Salad with Lemon Vinaigrette

Calories per serving: Approximately 150 kcal

Ingredients:

- 3 oz boneless, skinless chicken breast
- Mixed greens (spinach, arugula, lettuce)
- 1/2 cucumber, sliced
- Cherry tomatoes, halved
- 1 tbsp olive oil
- Juice of 1 lemon
- Salt and pepper
- Optional herbs: basil or parsley

Preparation:

1. Season chicken with salt, pepper, and herbs.
2. Grill or pan-fry until cooked through, then slice.
3. Toss greens, cucumber, and tomatoes in lemon juice and olive oil.
4. Top with sliced chicken.
5. Serve immediately.

Nutritional Benefits: High in protein and fiber, this salad keeps you full while remaining low in calories.

3. Baked Eggplant with Tomato Sauce

Calories per serving: Approximately 120 kcal

Ingredients:

- 1 medium eggplant, sliced into rounds
- 1 cup low-sugar marinara sauce
- 1 tbsp olive oil
- 2 cloves garlic, minced
- Fresh basil or oregano
- Salt and pepper

Preparation:

1. Preheat oven to 375°F (190°C).
2. Brush eggplant slices with olive oil and season with salt and pepper.
3. Bake for 20 minutes until tender.
4. Warm marinara sauce with garlic and herbs.
5. Top baked eggplant with sauce and serve.

Nutritional Benefits: Provides fiber, antioxidants, and vitamins with minimal calories.

4. Shrimp and Cabbage Stir-Fry

Calories per serving: Approximately 130 kcal

Ingredients:

- 3 oz cooked shrimp
- 2 cups shredded cabbage
- 1 small carrot, julienned
- 1 tbsp soy sauce (low sodium)
- 1 tsp sesame oil
- 1 clove garlic, minced
- 1 tsp grated ginger

Preparation:

1. Heat sesame oil in a wok or skillet.
2. Add garlic and ginger; sauté briefly.
3. Add carrots and cabbage; stir-fry until tender.
4. Add shrimp and soy sauce; cook for 2-3 minutes.
5. Serve hot.

Nutritional Benefits: Lean protein combined with fiber-rich vegetables makes this dish both satisfying and low-calorie.

5. Cottage Cheese with Berries and Flaxseed

Calories per serving: Approximately 150 kcal

Ingredients:

- 1/2 cup low-fat cottage cheese
- 1/2 cup mixed berries (strawberries, blueberries)
- 1 tbsp ground flaxseed
- Optional: a drizzle of honey or a sprinkle of cinnamon

Preparation:

1. Combine cottage cheese and berries in a bowl.
2. Sprinkle with ground flaxseed.
3. Add optional sweeteners if desired.
4. Serve immediately.

Nutritional Benefits: High in protein, fiber, and antioxidants, this snack or light meal is ideal for fasting days.

Practical Tips for Preparing 5 to 2 Diet Recipes

- Batch Cooking: Preparing larger quantities of soups or grilled proteins can save time during fasting days.
- Flavor Enhancement: Use herbs and spices to make low-calorie recipes more satisfying.
- Meal Planning: Incorporate these recipes into a weekly plan to ensure variety and nutritional balance.
- Monitoring Portions: Use measuring tools to stay within calorie limits.
- Hydration: Drink plenty of water, herbal teas, or black coffee to support fasting days.

Challenges and Considerations

While the 5 to 2 diet offers flexibility, it's not suitable for everyone. Some considerations include:

- Nutritional Adequacy: Ensuring that low-calorie days still meet micronutrient needs.
- Hunger Management: Incorporating high-volume, fiber-rich foods can help control hunger.
- Medical Conditions: Consulting healthcare providers before starting, especially for pregnant women, diabetics, or those with eating disorders.
- Consistency: Success depends on adherence and lifestyle integration.

Conclusion: Are 5 to 2 Diet Recipes Effective and Sustainable?

The 5 to 2 diet recipes reviewed herein exemplify how simple, nutrient-dense meals can facilitate effective caloric restriction without sacrificing flavor or satisfaction. These recipes leverage whole foods, lean proteins, fiber, and herbs to craft low-calorie meals that support weight loss and metabolic health. When combined with proper planning and medical guidance, the 5 to 2 diet can serve as a sustainable approach to intermittent fasting, empowering individuals to achieve their health goals while enjoying diverse, delicious meals.

In summary, the success of the 5 to 2 diet hinges on strategic recipe selection, mindful portion control, and a balanced approach to overall nutrition. As with any dietary strategy, personalized adjustments and professional consultation can optimize outcomes and ensure long-term adherence.

References and Further Reading:

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This detailed review aims to empower

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THE ESSENTIAL 5:2 DIET COOKBOOK WITH 200 RECIPES Whether you're new to the 5:2 diet and you're thinking about giving it a go, or you're already a convert and are looking for recipes to improve your fasting days, this is the book for you. Choose from a delicious range of satisfying light meals from a variety of world cuisines, all organised by mealtime so that you can quickly select a recipe. Get your fasting day off to a good start with a breakfast of fragrant Moroccan baked eggs or chunky Maple-glazed granola. Opt for a light lunch of Chicken burgers with tomato salsa, Chilli & coriander fish parcels or Smoky bacon & white bean soup to see you through the afternoon. End the day with a serving of Lamb & flageolet bean stew, Chicken & spinach curry or a special meal of Lobster with shallots & vermouth. You can even include sweet treats without breaking your diet - this selection includes Brulee vanilla cheesecake, Chocolate & chestnut roulade and Cherry & nectarine pavlova. Make the 5:2 diet a life choice with this indispensable recipe collection. Check out some of the other titles in the series: Hamlyn All Colour Cookery: 200 Super Soups Hamlyn All Colour Cookery: 200 Halogen Oven Recipes Hamlyn All Colour Cookery: 200 Fast Vegetarian Recipes Hamlyn All Colour Cookery: 200 Cakes & Bakes Hamlyn All Colour Cookery: 200 Gluten-Free Recipes Hamlyn All Colour Cookery: 200 Really Easy Recipes Hamlyn All Colour Cookery: 200 Pasta Dishes Hamlyn All Colour Cookery: 200 Tapas & Spanish Dishes Hamlyn All Colour Cookery: 200 More Slow Cooker Recipes Hamlyn All Colour Cookery: 200 Delicious Desserts Hamlyn All Colour Cookery: 200 Veggie Feasts Hamlyn All Colour Cookery: 200 One Pot Meals Hamlyn All Colour Cookery: 200 Student Meals Hamlyn All Colour Cookery: 200 Spiralizer Recipes Hamlyn All Colour Cookery: 200 Easy Indian Dishes Hamlyn All Colour Cookery: 200 Cupcakes Hamlyn All Colour Cookery: 200 Thai Favourites Hamlyn All Colour Cookery: 200 Light Slow Cooker Recipes Hamlyn All Colour Cookery: 200 Easy Tagines and More Hamlyn All Colour Cookery: 200 Low Fat Dishes Hamlyn All Colour Cookery: 200 Cakes & Bakes

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that are MAINLY WITHIN a 100 - 200 calorie count. All effort was made to ensure that your days on the 5:2 Diet are much easier. Delicious Breakfast, Lunch & Dinner! GET THIS BOOK AND START LOSING WEIGHT TODAY!

5 to 2 diet recipes: Fast Diets For Dummies Kellyann Petrucci, Patrick Flynn, 2013-12-04 Lose weight with the Fast Diets? Easy! Over the last few decades, food fads have come and gone, but the standard medical advice on what constitutes a healthy lifestyle has stayed much the same: eat low-fat foods, exercise more, and never, ever skip meals. Yet, over that same period, levels of obesity worldwide have soared. So is there a different, evidence-based approach? Yes! Fast Diets are the revolutionary part-time weight loss programs with lifelong health and anti-aging results. Fast Diets For Dummies is your hands-on, friendly guide to achieving weight loss, without having to endlessly deprive yourself. Inside, you'll get the lowdown on easily incorporating one or all of these unique dietary programs into your busy life. You will get the lowdown on tackling the most popular fasting diets such as: The Fast Diet (5-2 Diet), Intermittent Fasting, Micro-Fasting, and One Meal a Day (Warrior Diet). It offers you information and tips on how to incorporate these unique and popular dietary programs into your busy daily life. How and why the benefits of these fasting diets go well beyond weight loss Fast diets dos and don'ts How to get started and everything you need to know to help you along the way Over fifty 500- and 600- calorie meals that are quick and easy to make

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5 to 2 diet recipes: 5:2 Diet Recipe Book: Healthy and Filling 5:2 Fast Diet Recipes That You Can Make Now to Lose Weight and Enhance Your Health. (a Cookbook and Guide to the 5:2 Fast Diet) Diana Clayton, 2014-02-12 Losing weight has never been so practical! Thanks to the revolutionary 5:2 Diet Plan, you can lose weight and improve your overall health simply by dieting 2 (non-consecutive) days of the week. For women utilizing the 5:2 diet, this means consuming 500 calories per day on your 2 dieting days, while men are able to consume 600 calories per day on the diet. The other 5 days of the week, you can forget about a diet altogether and eat as normal! Yes, with the 5:2 diet you can continue to enjoy your favorite foods! Imagine: A diet that doesn't feel like a diet. Even better, scientific trials have shown that following the 5:2 diet plan results in permanent long-term weight loss and a decreased risk for diseases such as Alzheimer's, diabetes, and heart disease. This 5:2 diet cookbook begins with an introduction to the breakthrough 5:2 diet plan, then goes on to provide several fantastic recipes to use on your 2 dieting days, all under 300 calories! With this 5:2 Diet Recipe book, you get to choose from a selection of delicious meals that are all quick and effortless to prepare; each specially designed to help fill you up, keep hunger at bay, and help you to forget that you're on a diet at all. Believe it or not, you can savor

indulgent meals such as... Caramelized Pear and Swiss Omelet Garlic Mushrooms with Spinach 'The Works' Tostadas, and Peaches 'n' Brie Quesadilla, all while on the 5:2 diet! Inside the book you will also discover ... 5:2 Diet Tips and Guidance to keep you on the right track Recipes Categorized by Meals, as well as Number of Calories for quick access Yummy, Enticing meals ALL with Calorie Counts included 5:2 Diet Recipes which are mostly just 1 serving! - *Perfect for the single dieter and easily scalable for others *Bonus - Snacks and 'Guilty Pleasures' all under 50 calories By using these 5:2 diet recipes, you will not only change your attitude towards dieting, food, and health, but improve your mental and physical well being, while watching the pounds melt away.

5 to 2 diet recipes: The 5:2 Diet Soup and Salad Recipes Diane Sharpe, Michel Bridges, 2013-08-10 These recipes are ideal for 5:2 dieters and others who want to lose weight faster, permanently and also for those who want to eat healthier nutrient-rich low calorie meals. All recipes included are for 100, 200 and 300 calorie-counted meals with 1 serving each. It is important to note that fasting predates the modern diet and that people were able to stay lean and healthier on diets like this - soups and salads. By exploring "The 5:2 Diet Soup and Salad Recipes" book, it will help you to rediscover an ancient dieting formula coupled with the 5:2 dieting concepts that continues to keep obesity at bay for thousands around the world. Soups and salads were not impossible meals to create since they required very little if any modernization to make. By adding this proven soup and salad formula to your 5:2 Diet, you'll be able to drop pounds like never before. Welcome to a whole new world of accelerated weight loss with soup and salad recipes that are calorie-counted and ready to revolutionize your overall health. You will keep slim and trim while you enjoy the nutritious taste of natural foods. You'll also be preparing fresh and superb meals that will speed up your weight loss efforts and also boost your entire immune system and improve your well-being.

5 to 2 diet recipes: The Ultimate 5 : 2 Diet Recipe Book Kate Harrison, 2013 The 5:2 Diet is transforming lives worldwide. Thousands are losing weight, improving their health and saving money. Now, The Ultimate 5:2 Diet Recipe Book makes this lifestyle easier than ever, with recipes that make food on your Fast Days a pleasure. It's packed with easy, delicious dishes, from Great Start Breakfasts to International Favourites, Comfort Food, Super Soups, and even Sweet Treats. This down-to-earth guide by The 5:2 Diet Book author Kate Harrison mixes great recipes with all the humour, money-saving tips and practical advice that made the first book a bestseller. It also explains the science and incredible health benefits of this simple, inspiring approach. This cookbook focuses on fresh, delicious and fast home cooking, with meals that taste nothing like 'diet' food. It includes: * More than 85 recipes, all calorie counted, with dozens more ideas for adapting them to suit your life and budget; * 5:2 Lives: inspirational stories and honest food diaries from real dieters, who share the secrets of their success; * 5:2 Know-How: tips on everything from store cupboard suppers, time-saving gadgets and fitting 5:2 around family life and holidays; * How to 5:2: an updated, easy-to-follow guide to how, and why, you can begin this life-changing plan right now. The Ultimate 5:2 Diet Recipe Book is the only cookbook you'll ever need to help you lose weight, boost your brain and change your attitude to food forever.

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