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5:2 Diet - Beginners Ultimate Quickstart Guide: The Easiest Way To Lose Weight (Life Changing Diets Book 10)

Steven J Smith

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5:2 Diet - Beginners Ultimate Quickstart Guide: The Easiest Way To Lose Weight

The 5:2 diet is also called the intermittent Fasting Diet. It was primarily designed for sustainable weight loss. In this diet program, you eat normally for 5 days and fast for 2 days. In a week, you can lose as much as 2 pounds or even more. How? Find out all about it by reading this book

Here, you will:
• Understand what the 5:2 diet is all about
• Learn what the benefits of this weight loss program, besides losing weight fast
• Understand how the diet works
• Learn how to properly follow the diet protocol
• Learn the step by step guide on how to perform the diet
• Get a complete, easy guide to planning a meal for both fasting and non-fasting days
• Bonus recipes to help you plan meals better
• And so much more.

Read this book today and in a week, you will see great results.

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