



5: 2 Diet Meal Plans Recipes: Ten Weeks of Menus - 5:2 Quick Start Guide (Paperback)

By Liz Armond

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 214 x 149 mm. Language: English . Brand New Book ***** Print on Demand *****.The 5:2 Diet Meal Plans Recipes Author Liz Armond has written a series of popular 5:2 diet recipe books, each designed to get you on the track to fast weight loss, one delicious meal at a time. 5:2 Diet Meal Plans Recipes takes all the guesswork out of meal preparation by providing you with 21 days of recipes. Best of all, the ingredients are readily available and affordable. No more picking up bland, frozen, and often expensive, dinners for convenience. The recipes are calorie grouped and portioned into 1, 2, or 4 servings. Each meal offers a delicious blend of protein and fiber to ensure you are getting the nutrients you need as you quickly lose that unwanted weight, all without going hungry. Just take a look at some of the recipes: Hearty Potato Leek Soup - 150cals Mushroom Risotto with Brown Rice - 285cals Vegetable Curry - 180cals Turkey Vegetable Loaf - 180cals Chicken Apricot Bake - 250cals These meal plans allow you two meals a day, with calories to spare. This cookbook also...



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