



5: 2 Diet Gluten-Free Vegetarian Cookbook: All the Recipes You Need to Lose Weight - 5:2 Quick Start

By Liz Armond

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 203 x 133 mm. Language: English . Brand New Book ***** Print on Demand *****.Gluten-Free Vegetarian for the 5:2 Diet The 5:2 Fast Diet or Intermittent Fast Diet works by letting you eat normally five days a week but on the other two days you can only eat 500 calories if you are a woman and 600 calories if you are a man. It really is that simple. This recipe book has delicious gluten-free vegetarian recipes that will make your fasting days so much easier. They include quick breakfasts, easy lunches and some delicious dinners. The recipes are carefully put together with a balance of protein and carbohydrates and all main ingredients are ready available in most stores. Menus are set out in 1, 2 or 4 portions depending on ingredients which are given in imperial and metric as well as cups where applicable, so should suit everyone. Many recipes are suitable for freezing and are marked as such. The recipes are indexed by calorie count so that you can go easily find something within your allowance, especially useful if you need to cut back on your evening meal...



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