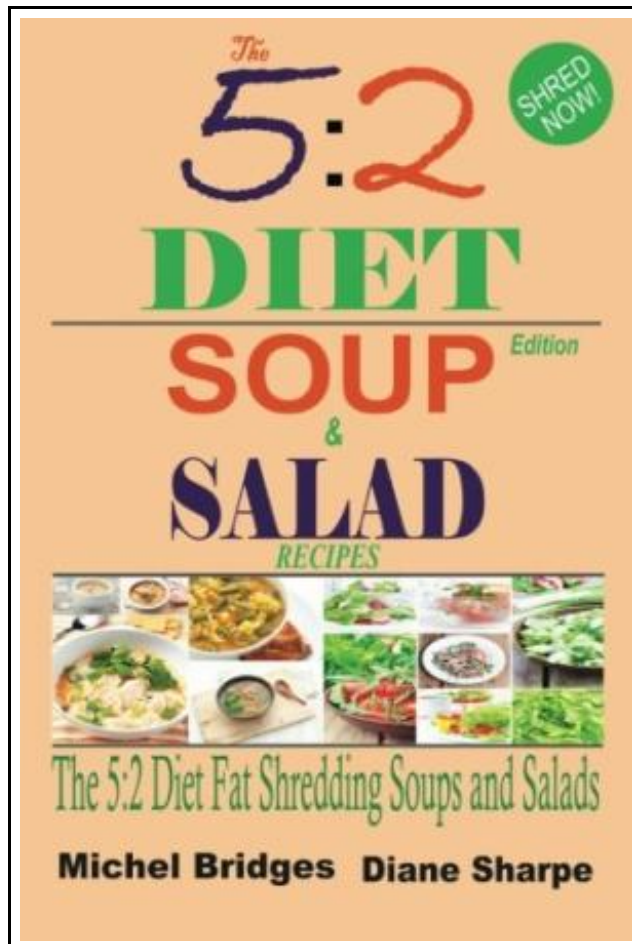


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CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 116 pages. Dimensions: 8.5in. x 5.9in. x 0.6in. These recipes are ideal for 5: 2 dieters and others who want to lose weight faster, 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. This item ships from La Vergne, TN. Paperback.

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