



5:2 diet for vegetarians: 4 weeks of calorie-counted meals and recipes for fast days

Joy Bounds

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Want to feel healthier and lose weight? This book contains delicious 5:2 diet meal ideas and recipes for vegetarians. Many 5:2 diet books suggest having only two meals a day, but this book offers you an alternative: the meal plan is based on the normal eating pattern where you have three meals a day and additional snacks. This way you can 'fit in with the rest of the world' even during your low-calorie days and can enjoy meals together with your family. All the recipes in the book are delectable, yet easy to make – making the low-calorie days actually something to look forward to! All the measurements are given in metric, imperial and US cup units so you can choose the most familiar way of cooking for you. The 5:2 diet for vegetarians couldn't be any easier: with the help of this book you don't have to count calories, but just by following the meal plans and recipes for each day, you're well on your way to a healthier lifestyle! Find out more: www.lusciousbooks.co.uk/52-diet-for-vegetarians

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Robert Watts:

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