



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

*Liz Armond*

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

*Liz Armond*

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

Gluten-Free & Vegetarian for the 5:2 Diet

Are you fed up with constantly trying to lose weight and sick to death of being on a diet all the time. Have you tried all of the latest 'fads' and they just didn't work for you long term. Do you put the weight back on real fast when you stop 'dieting'? If any or all of the above sounds familiar, then stop beating yourself up because it really is not your fault you failed. Full- on dieting just does not work for most people as there are very few who can stop eating normally forever. That is unless you are a super model and get paid fabulously well to do it. The main reason most people fail to lose weight or keep it off once the diet stops is that dieting is it BORING. That's right, being on a diet 7 days a week for months or more is BORING. We are human and love things that we know are not good for our health or our waistline. But we can't help it because the things that are bad for us are usually the most delicious and satisfying. What would it feel like to fit into your favourite dress or pants or holiday clothes that you haven't been able to wear for ages? How would you like to meet up with old friends and see their amazed looks at the new slim you? What if you could eat normally for 5 days a week and only 'diet' for the other 2? Sounds too good to be true doesn't it, but that is exactly what the 5:2 Fast Diet is all about. Easy healthy weight loss without constantly watching everything you eat. It works by letting you eat normally five days a week but on the other two days you eat 500 - 600 calories. It really is that simple!! To help you achieve your goals, this cookbook contains all the meals and information you will ever need to follow the 5:2 Diet and I promise you, that you will lose 3-5 lbs every week if you follow this diet plan properly. The recipes in here make it really easy to follow the 5:2 Diet because the food is so delicious and easy to make, you will hardly know you are dieting. It makes sense to plan out your food on your fasting days as you don't want to be stuck in the kitchen too long when you are trying to eat less and this cookbook has everything you need. 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. This index also makes it a lot easier to plan out your fasting day food well in advance which is vital if you are going to succeed. So if you want some delicious gluten-free vegetarian low calorie meals that will help you reach your weight loss goals, then this cookbook is definitely for you. Follow the advice given in this book and you will lose weight fast and start to feel healthier in just two short weeks. After that you will find it has changed your life and eating habits.

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