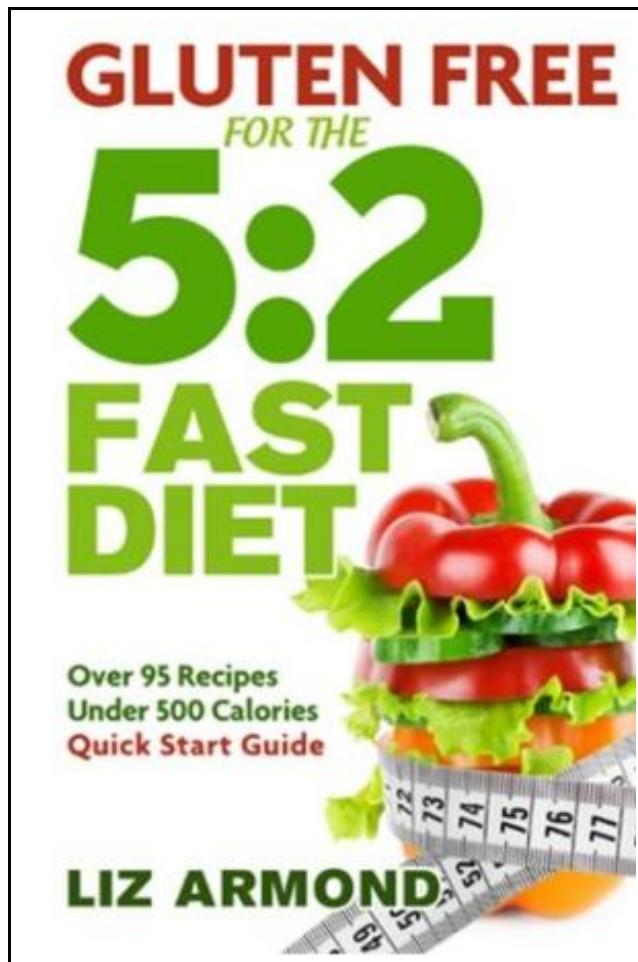


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Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 203 x 133 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Gluten Free for the 5:2 Fast Diet If you follow the advice here you should have no problem losing weight fast and you will start to see the difference in just a few short weeks. The 5:2 Fast Diet lets you eat normally five days a week but on the other two, you should 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 over 95 gluten-free recipes that will make your fasting days a lot easier to manage. 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 ingredients are ready available. 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 recipe index shows the calorie count so that you can go straight to a meal that is 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 but low calorie meals that will help you to lose weight easily, this cookbook will make it work and you will be thrilled with the results.

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