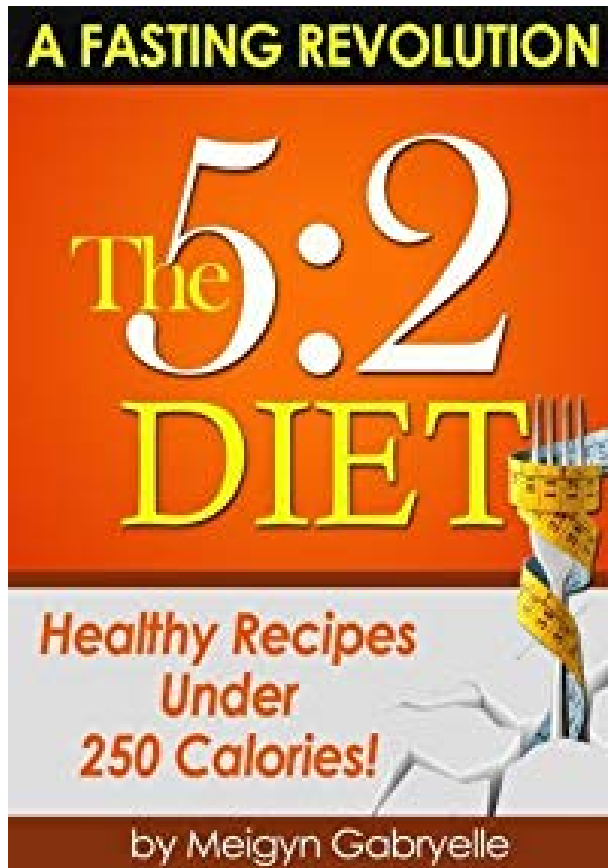


The 5:2 Diet: (A Fasting Revolution) Healthy Recipes Under 250 Calories



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The 5:2 Diet is a revolution in weight loss that has spread around the world, mainly due to its uniqueness.

Out of a seven day week, you eat normal meals five days and diet two days, thus the 5:2 ratio. On the diet days, women consume no more than 500 calories and men no more than 600 calories.

The recipes in this report are designed for the two dieting days. Each recipe provides the number of calories, and they are categorized by meals to make it easier to control total caloric intake per day. The lunch and dinner recipes are listed together, because some people forego lunch and save their calories for dinner. It all depends on your preference. You'll find a wide variety of food choices with readily available ingredients that are easily prepared. We've also included some information at the end of this report that will guide you in keeping calories low on the five non-dieting days.

The flexibility of the Fast Diet, also called the 5:2 Diet, actually allows you to fit the diet to your needs versus the other way around. By reducing caloric intake to 500 or 600 calories per day, depending on gender, and eating healthy the other five days, cleansing the body and losing weight actually becomes easier and more convenient.

The two diet days are non-consecutive, so it's possible to diet on a weekday and a weekend day in order to fit busy schedules. 5:2 dieting is simple, based on only three rules: On the two non-consecutive fasting days, do not eat over 500 calories if female and 600 calories if male.

Eat healthy, low-calorie fresh foods on the other five days, which will promote weight loss more rapidly and help you transition to a healthier way of eating for the long-term.

Drink plenty of water and exercise for thirty minutes per day on three of the non-fasting days. On the non-fasting days, although any food is permitted, it is best to be reasonable with caloric intake - do not overeat! Eating fresh fruits and vegetables, as well as plenty of fish and chicken, will accomplish this. Avoiding all processed and sugar-laden foods is a must. If the 5:2 Diet is strictly followed, a person will lose an average of one pound per week for women and a little more for most men, which is considered a healthy rate of weight loss. Other health benefits come from the 5:2 Diet, such as improvements in blood pressure, cholesterol levels and insulin sensitivity with diabetes. Remember the code: 2 days on : 5 days off As with any diet, those who plan to use the 5:2 Diet should consult a health care professional before beginning it just to make sure it is a the approach to weight loss and healthy eating that suits your needs. Pick up your copy today!!!