



5:2 Diet Vegetarian Meals for One Cookbook: Single Serving Vegetarian Recipes to Help You Lose Weight

By Liz Armond

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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.

Includes:

- Smoothies less than 100 & 200 calories
- Cooked Breakfasts
- Delicious Lunches & Dinners
- 5:2 Quick Start
- Help and Advice on the 5:2 Fast Diet
- Calorie Counter
- Snacks & Treats with Calorie Counter

The recipes are low-calorie, easy to cook and no nonsense ingredients. You can make extra, freeze ahead and limit your time in the kitchen.

The research and testing has been done, so all you have to do now is relax, choose your fasting day meals and watch the weight just drop off

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