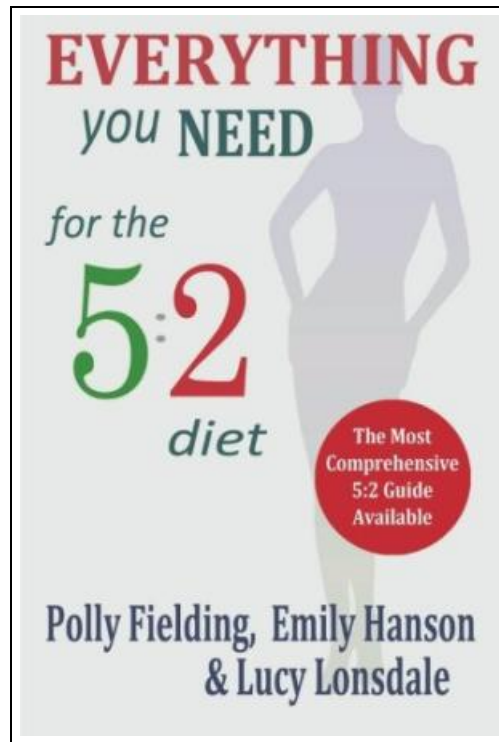


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Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Have you ever wished you could lose weight without depriving yourself of any of the foods you enjoy? Have you begun a diet and given up because it was too difficult? So did Polly, Lucy and Emily, who are following the 5:2 diet - an extremely popular and scientifically- proven way of eating. Each one has not only lost weight, kept it off and felt healthier than ever before, after years of unsuccessfully trying many other diets, but has also found the 5:2 method the easiest one both to stick to. Having written their own successful individual books about this diet, their enthusiasm has led them to combine their personal stories, experiences and resources to give you a comprehensive explanation of how and why this diet works so well. They explain clearly how to cope effortlessly with any initial difficulties and provide plenty of useful tips to make this diet a positive, enjoyable experience. You will find not only advice to enable you to gain the greatest benefit from the 5:2 diet but also an excellent variety of Lucy s delicious recipes, Polly s tasty daily menus and Emily s easy-to-make smoothies. Everything is calorie-counted and designed for individual servings. All the hard work is done for you! They have devised an invaluable reference section, which includes an easy-to-use calorie counter, a calorie chart of all ingredients used in the book and a full index of recipes - giving you maximum choice and control over your weight-loss program. All weights and measures are given in both metric and imperial - so no awkward conversions to make. In short, in this book you have everything you need to make...



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