



The 2-Day Diet Cookbook

By Michelle Harvie, Tony Howell

Ebury Publishing. Paperback. Book Condition: new. BRAND NEW, The 2-Day Diet Cookbook, Michelle Harvie, Tony Howell, The 2-Day Diet is the clinically proven 5:2 diet developed by acclaimed scientists Dr Michelle Harvie and Prof Tony Howell at Genesis Breast Cancer Prevention (all author proceeds go to this charity). Their intermittent diet has taken the nation by storm as more and more people discover the diet that really works. It's not about counting calories, fasting or going hungry - simply follow the straightforward low-carb eating plan for two days per week then eat normally but sensibly for the other five. In this beautifully illustrated cookbook, you'll find 65 delicious, healthy recipes for every day of the week, with ideas for both restricted and unrestricted days. On The 2-Day Diet you can enjoy filling, tasty food all day long - from breakfast through to dinner - and still lose more weight and up to twice as much fat as on a standard calorie-controlled diet. You will also benefit from a wide range of health benefits associated with the diet, such as reducing insulin and levels of other hormones and inflammation in the body known to cause cancer, lowering high blood pressure, and...



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Reviews

Very useful to all category of individuals. It is one of the most amazing publication i have got read through. You will not feel monotony at anytime of your respective time (that's what catalogs are for about when you question me).

-- Mr. Johnathon Dach

This ebook is great. I really could comprehend every thing using this composed e ebook. Its been designed in an exceedingly simple way and it is only following i finished reading this publication where basically modified me, modify the way in my opinion.

-- Herminia Blanda