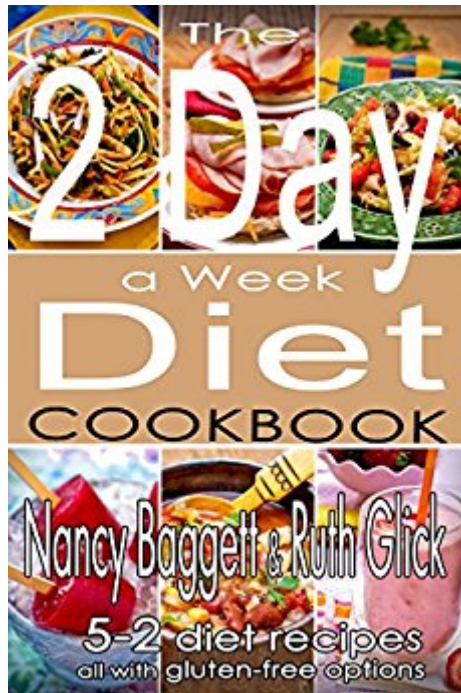


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The 2 Day A Week Diet Cookbook: (5-2 Diet Recipes With Gluten-Free Options)



Synopsis

All the recipes in The 2 Day a Week Diet Cookbook were crafted and carefully tested by Nancy Baggett and Ruth Glick, cookbook authors with years of experience creating tasty, calorie-wise recipes for national publishers including The American Diabetes Association, Rodale Books, Eating Well, Cooking Light, and Weight Watchers Magazine. Overview A phenomenal new weight busting plan is now taking the world by storm. Known as the 5-2 Diet, Fast Diet, or Intermittent Diet, it calls for counting calories only two days a week and eating normally the other five days. But the plan requires cutting back to 500 calories (600 for men) on the diet days--which can be challenging unless you have the right recipes. That's where The 2 Day a Week Diet Cookbook comes in. It's designed to give you exactly what you need to succeed on your two diet days: Restricted-calorie recipes that are quick, easy, delicious, and remarkably satisfying. Here are 200-calorie or fewer versions of favorites (ideal for anyone on a low-fat diet) including chili, New England clam chowder, baked apples, French toast, and chocolate-banana breakfast smoothie--food you can actually look forward to on your diet days. Plus you'll find enticing photos, sample menus, and streamlined cooking techniques to fit the recipes into your busy schedule while you shed those unwanted pounds. Among the book's key features:

- * 75 quick and easy recipes.
- * 50 beautiful photographs.
- * Clear, simple-to-follow instructions.
- * Helpful recipe introductions.
- * Fat cutting techniques.
- * Time-saving cooking methods.
- * Recipes that can be made ahead or frozen.
- * Emphasis on everyday ingredients.
- * Nutritional analysis for each recipe.
- * Cooking and shopping tips.
- * Sample menus.
- * Diet-day strategies.
- * Gluten-free options for all recipes

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Customer Reviews

ORDER THIS BOOK NOW!The science on alternate day fasting goes way back.... and is solidly documented in the labs where white mice considered elderly... suddenly slimmed down, gained energy, and started running around as if they were youngsters.HOW to make an ongoing lifelong palatable life style shift to utilize the benefits of all this science remained an enigma until recently.The solution: Eat reasonably for 5 days of the week and at 500 calories the other two days.Sounds horrific right. NOT SO!The authors of The 2 Day a Week Diet Cookbook.... two highly experienced authors of cookbooks.... have put together a cookbook guaranteed to get you through your two days at 500 calories with minimum pain.No longer are you outside the candy store with your nose pressed against the glass ... longing for the treats inside.It took two authors of this experience level to pull this off... others have tried... I checked out their work and did not find it that helpful. The authors of this book are ... quite simply MASTERS of what they do! These are great recipes created by Masters of FOOD in support of a life style shift you need to make.I won't even talk about: the Obesity Epidemic. the Obesity link to Alzheimer's and Cognitive Decline. or if you're a mom and/or wife ... your unavoidable position as role model for your family. Empowered Moms have the power to empower their families! And I am very worried about America's kids and obesity.Study the recipes. When you see what these authors have made possible on fewer calories you will get a Teaching in creating better food choices for your children. Your THINKING about food choices will change.You will see what is possible.

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