

Vegetarian Recipes for the 5:2 Fast Diet 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 "fad" diets and they just didn't work for you long term. Do you put the weight back on really fast when you stop dieting? If any or all of the above sounds familiar, then stop beating yourself up about failing because it really is not your fault. Full on dieting just doesn't work for most people because there are very few who can be that dedicated to not eating normally for ever. 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 they have lost a few pounds is that it is BORING. That's right, to be on a diet 7 days a week for months or even years is BORING. We are only 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. The 5:2 Fast Diet works by letting you eat normally five days a week but on the other two days you aim to eat 500 - 600 calories, regardless of your present weight or how much you want to lose. Are you a vegetarian and want to begin the 5:2 Diet, but aren't sure what in the world you'll eat on the two low calorie days? Are you worried you'll end up stocking the freezer with those quick and "healthy" frozen meals for convenience?

Put your mind at ease. Author Liz Armond has written a series of popular 5:2 recipe books, each designed to get you on the track to fast weight loss, one delicious meal at a time. Vegetarian for the 5.2 Fast Diet focuses on the perfect blend of protein and fibre to ensure you are getting the nutrients you need as you lose huge amounts of unwanted weight. All this happens without going hungry! Take a look at what you can eat: • Hearty Potato and Leek Soup • Delicious Easy-Mix Salad • Cauliflower Crumble Bake • Italian Aubergines And that's just in one day! Those frozen supermarket meals might be the easy alternative, but they are expensive and full of sodium and other ingredients that can sabotage your progress. This book has easy, make-ahead-and-freeze for later, delicious meals you don't have to spend hours preparing. All are easily adaptable for the non-dieters in your house, so no more making separate grocery lists. Like all the books in this series, the recipes inside are easy, low-calorie, and no nonsense. Pick up your copy today and see the weight drop of as it works for you.

Emmas Lamb, Ellys Juxtapose, Lovey Dovey and the Makeover Mistake, Las Vegas Sidewinders: Dominic (Volume 1), Lace Patterns To Knit and Crochet (Sweaters), Leisure Arts Leaflet 124, Photography and the Performing Arts, Discovering the Ridgeway, Schizoaffective: A Happier and Healthier Life, Mad Rush for Gold in Frozen North,

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