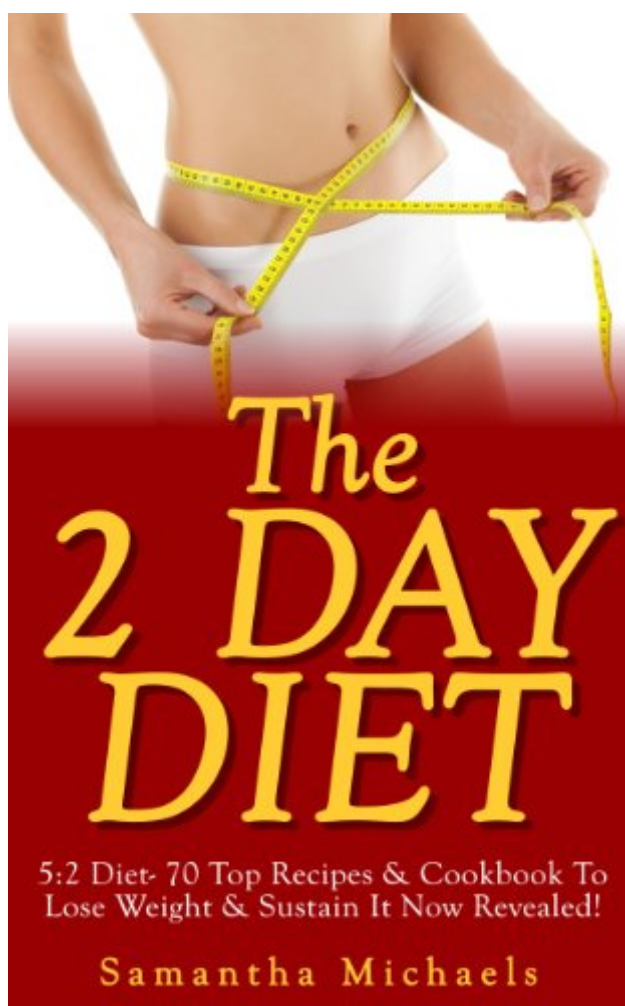


The book was found

The 2 Day Diet: 5:2 Diet- 70 Top Recipes & Cookbook To Lose Weight & Sustain It Now Revealed! (Fasting Day Edition)



Synopsis

The 2-Day Diet is a breakthrough plan and a dieter's dream come true. Diet for just 2 days a week and lose more pounds, more inches, more body fat, and more belly fat than you would on conventional pounds-off plans! And it's based on the latest scientific research. In this guide, *The 2 Day Diet: 5:2 Diet- 70 Top Recipes & Cookbook To Lose Weight & Sustain It Now Revealed! (Fasting Day Edition)* we will document the correct day to fast and 70 top 2 day diet recipes with proper calories count. The best guide for someone who is busy and wants to get the whole gist of this diet and implement the 2 day diet in the next one hour! Bonus: Top 500 and 600 calories plan included for easy use and reference

Book Information

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Customer Reviews

I have read a lot about this concept and how it works for your body. The fasting days are not complete fasts you still get to eat and you can actually choose when to eat. At first hearing 500 calorie allowance for women and 600 for men I was a little nervous but it actually was not bad at

all. The first two times I tried it was only hard because I kept thinking about it. I "wanted" to eat something but I never was actually hungry not even once. I just wanted to eat out of habit and the more I thought about not being able to eat made me want even more things than I normally would anyway. Then I realized I was NOT hungry and that it was quite easy. You can choose to eat all your calories in one meal or you can even spread it out for breakfast lunch, breakfast and dinner, or lunch and dinner. If you really want to improve results of course choosing healthier meal options would help you meet your goals much quicker and also be healthier for your body but you can still eat the foods you normally eat. For example on days I split my calories one meal I would have a bowl of cereal and depending how many calories it was I could even possibly have a slice of toast with it. Or I would have peanut butter toast or a sandwich and then a healthy dinner. I use fitnesspal to track my calories so it really helped a lot. If I had some chicken and rice I could also add a lot of broccoli and cauliflower which would really fill me up and my calories stayed within my limit. It also teaches you portion control as well and makes you more aware of where your calories are coming from and what meals are more filling with less calories. There are a lot of studies showing how fasting can really help your body to heal and bring down not only your weight but things like your blood sugar etc. I do not think of it as a fast since I still get to eat and I found meals that work for me that are low in calories but still fill me up and I never feel like I am doing without. There is plenty on my plate and I am not by any means starving. When I first heard of it I was picturing two little sad peas on my empty plate but that is not how it is at all. No one can even tell that I am on a fast day when I am eating because I am STILL eating just choosing better quality meals with little calories and never ever any diet food or diet bars. I really you give it a try and even if you fail you can always do it again tomorrow. There is not a set in stone way to do it or set days you have to stick to. You do what works for you!! like that this book gives you some quick and easy meal suggestions and recipes too. It really helps and opens your eyes that a fast day does not need to be dreaded and is quite simple to do. This is one that actually works for me and I am going to stick with it. I received this item free for my honest review and this is absolutely my true feelings and thoughts on this book.

Most people are contemplating a weight loss plan this time of the year in preparation for swimsuit season or as one of their New Years resolutions. I am no exception. I have recently obtained several dieting books, and I am trying to decide which one sounds the most doable to me. The title of this book, The 2 Day Diet, intrigued me because who doesn't want to lose weight dieting only two days a week? It's only 30-some pages so I breezed through it in no time. The basic concept involves eating a ridiculously low amount of calories two days out of the week. I do not believe for

one second that this would work for me, because I would binge eat the very next day. This is not the diet plan for me. However, I do plan to keep a copy of this book solely for the nutritional information and meal ideas contained within.** I received The 2 Day Diet e-book at no charge in order to read it and provide some honest feedback about it. The statements made above are reflective of my personal opinion of this e-book and have not been influenced by anyone. Like so many others, I often look to product reviews when deciding on a purchase. Therefore, I never give anything less than the truth. Thank you for taking the time to read my review. **

The 2 Day Diet is a brief overview or introduction to the 2 Day Diet Bible by the same author. This is a companion book more than anything. Want to read the Cliff notes for the 2 Day Diet Bible? Here it is. It does have some extra recipes that are decent. I'm just getting a little tired of authors milking a book by essentially giving us the preview, tossing in some extra recipes and attempting to pass it off as a stand alone book. This isn't what I'd call a book as much as a... accompaniment. It gives super short hand detail of the 5:2 diet and I'm pretty sure most people vaguely familiar with the concept won't learn a thing. So you get the intro and then a ton of recipes. Here's the saving grace: this book actually breaks down recipes by breakfast, lunch and dinner and does so in a way that is easy to conceptualize what your day's meals might look like. Disclaimer: I was provided a free digital copy of this book in exchange for a fair and honest review. The opinions expressed here are mine alone and I have not been further compensated for posting them here.

Has alot of recipes and I'm sure if I ate only them, I would lose weight. Sadly I have the self discipline of nothing, so I'm a hopeless case. I was given this product to try at a discount in exchange for my honest opinion which I have given.

This little guide is absolutely fantastic. I downloaded it for free using the Kindle app on my Android and now I have access to it when ever I need it. There are tons of fantastic recipes; husband approved recipes! The overall goal of this book to to teach how to diet for 2 days and then be responsible on the others. By giving your body time to rest, you can continue to lose weight instead of plateauing. I highly recommend this book to people that are not familiar with the kitchen and dieting. I also recommend this to the people that do know all about health because there are so many delicious recipes. It is also very helpful that the book is only 37 pages so you are not trying to process too much information at one time. Disclaimer: I was provided a sample of this product in exchange for a fair and honest review. Even though I received this product at a discounted (NOT

FREE) price, I have rated and reviewed this product without bias, based solely on my experience with it.

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