



**5:2 DIET: The Ultimate 5:2 Diet Plan: 5:2 Diet Cookbook And 5:2 Diet Recipes To Lose Weight Naturally, Remove Cellulite Quickly, Eliminate Toxins And Improve ... Books, 5:2 Diet Recipes, 5:2 Diet Cook)**

*Dr. Michael Ericsson*

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## **5:2 Diet: The Ultimate 5:2 Diet Plan - 5:2 Diet Cookbook And 5:2 Diet Recipes To Lose Weight Naturally, Remove Cellulite Quickly, Eliminate Toxins And Improve Your Health**

**Today only, get 5:2 Diet: The Ultimate 5:2 Diet Plan and Read on your PC, Mac, smart phone, tablet or Kindle device.**

**\*\* This book is available free for Amazon Prime members.\*\***

This book contains proven steps and strategies on how to benefit from the revolutionary 5:2 intermittent fasting diet. The diet has been popular to many people around the globe simply for one reason—it works. It would be wise of you to try this new diet and be one those who benefit from this diet.

In here are recipes that you could use in order to make your fast days enjoyable. There are amazing dishes that could fill you up while still maintaining the advised caloric intake on the fast day. To guide you better on counting calories during fast days, the amount of calories is indicated for each recipe. There are also tips on how to start the 5:2 diet for newbies and those who are new to intermittent fasting.

### **Here Is A Preview Of What You'll Learn**

- Why 5:2 Diet is Revolutionary
- The 5:2 Intermittent Fasting
- Starting and Staying on the 5:2 Diet with Ease
- 5:2 Breakfast Recipes
- 5:2 Lunch and Dinner Recipes
- Much, much more!

## Why 5:2 Diet is Revolutionary

The most common cause of someone not being able to consistently lose weight is craving and the idea that you have to fight it for a long period—even for a lifetime. While most diets are only difficult in the beginning, especially during the phase of mild caloric restriction to induce the burning of stored fat, without a strong will power and firm resolve, a dieter could easily be convinced to stop dieting with just a week's worth of cravings. Often, dieting is associated with hunger—most often, psychological ones more than physiological.

Those who've experienced following various diets feel that after being subjected to a restrictive (but apparently temporary) lifestyle, they would never want to be in a diet again. Unless otherwise a diet deprives someone while still keeping him satisfied and granting him the ability to give in to his cravings, weight loss will have to be achieved through means other than dieting.

This is why the revolutionary diet called 5:2 (or intermittent fasting) was developed. The primary attribute of this diet is the 2 non-consecutive days of fasting and the five days of normal, unrestricted diet. This form of diet prevents a person from quitting due to hunger and food craving. In fact, before conducting tests about the intermittent fasting, experts believed that people who underwent caloric restriction on the fast day would consume more calories on the feed day. Results, however, show that while subjects eat more than what they normally do, they only consume 110% of their normal caloric intake rather than, say, 175%. This only proves that 5:2 effectively address the craving aspect of most restrictive diets.

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