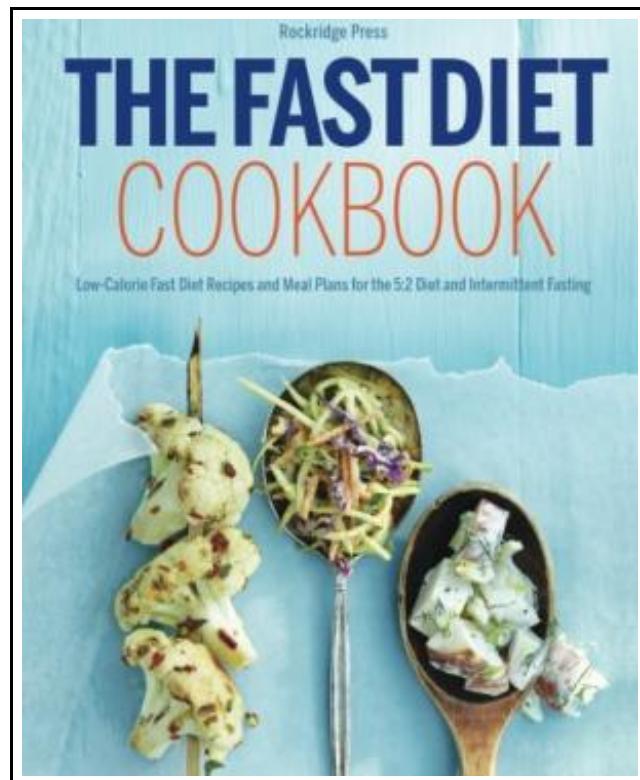


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Rockridge Press. Paperback. Book Condition: New. Paperback. 148 pages. Dimensions: 9.2in. x 7.4in. x 0.4in.1 AMAZON BESTSELLER The Fast Diet is proven to be the easiest and simplest way to lose weight, permanently. The Fast Diet, also known as the 5 2 Diet, is a sensible and effective approach to weight loss. Its simple--youll eat low-calorie meals two days a week, while eating your recommended daily requirement of calories on the other five days. Once you start a Fast Diet, youll watch the pounds melt away. THE FAST DIET COOKBOOKgives you the recipes and guidance you need to easily transform your body and your eating habits on the Fast Diet. Start a Fast Diet right away for health and weight loss, with: Dozens ofdelicious, easy Fast Diet recipesfor both fasting and non-fasting days 32 tasty recipesfor your low-calorie fasting days, including Banana Walnut Muffins, French Onion Soup, and Vegetable Lo Mein Over40 filling recipesduring your non-fasting days, like Tomato Basil Flatbread, Baked Macaroni and Cheese, and Spinach Mushroom Lasagna Bake Aone-month Fast Diet meal plan, customized for both men and women based on recommended daily calorie intake Information on the science of the Fast Diet and how it promotes weight loss and optimum health This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.

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