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| Titolo | 5 2 Diet: Under 300 Calories: Core Recipes With WW Pints + |
| Pubbl/distr/stampa | You are what you eat publications |
| ISBN | 1-62951-202-8 |
| Descrizione fisica | 1 online resource (156 p.) |
| Soggetti | Intermittent fasting Weight loss |
| Lingua di pubblicazione | Inglese |
| Formato | Materiale a stampa |
| Livello bibliografico | Monografia |
| Sommario/riassunto | You eat normally for five days a week - women consume 2,000 calories and men 2,500 a day - and then restrict your calorie intake for the other two days (500 calories a day for women and 600 for men). And the concept is taking the world by storm. Mixing 5:2 with a long-term diet like WW is likely to facilitate weight loss. You can adopt 5:2 approaches to lose weight. Either have 2 meals daily out of 5 from this book or you can select any 2 days in a week to eat recipes from this book. Intermittent fasting is proven not only to help you lose weight, it could also help you live longer thanks to its health benefits. But if restricting your calories on fast days sounds difficult, these tasty recipes contain low calories nutrient dense core recipes per portion, but still tickle your taste buds, will fill you up, and could help you lose up to 3lb a week! So what are you waiting for? |