



The 5:2 Fast Diet: Breakfast Recipes: 50-300 Calorie Meals to Start Your Day (The 5:2 Fast Diet Cookbooks Book 1)

Jay Dickens, Nik Forrester

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Don't lose your 5:2 Fast Diet momentum!

You've worked hard. You've cut your calories two days each week, and you're well on your way to better health and longer life. You look and feel younger, your body's tuned to combat aging, and the extra pounds are melting away. Diabetes, Alzheimer's, heart disease - they're running scared!

Don't let diet fatigue derail your hard work. It's easy to slip into a rut. The same foods, week after week, month after month, and before you know it, sheer boredom takes over. There's nothing to eat and you're tired of dieting.

It's been said before, but your best defense is a good offense. Combat diet fatigue and stay on track by arming your fast days with fresh and exciting menus. You don't need to spend your weekends cooking, and you don't need a pantry of exotic ingredients. In fact, simple is often better when it comes to dieting.

In this collection of 30 low-calorie breakfast recipes, we show you how to prepare make-ahead meals, quick grab-and-go options, and even hot meat-and-potatoes dishes for days when you need something more filling. With just 50-300 calories per meal, these 5:2 Diet recipes will recharge your fast days without weighing you down.

Included in this collection are slimmed-down and delicious recipes for:

- Huevos Rancheros
- Smoked Salmon Sandwich
- Blueberry Muffins
- Spicy Egg and Rice Bowl
- Breakfast Bread Pudding
- and even Apple Fritters, Eggs Benedict, and French Toast!

And all are under 300 calories per serving!

Also included are:

- An overview of the 5:2 Fast diet, including meal planning strategies and survival tips
- A list of 5:2 Diet power foods
- Calorie counts for all recipes
- Preparation notes that include cooking tips and menu options

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