



The 5:2 Diet for Beginners: Using The Fast Diet to Lose Weight and Feel Great Without Really Trying

David Ortner

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FINALLY, a diet that lets you have your cake and eat it too!

With the 5:2 diet, you can eat all your favorite foods and STILL lose weight! Transform your relationship with food, once and for all. It's shockingly easy and incredibly effective.

The 5:2 diet is one of the simplest, fastest, and healthiest ways to lose weight, but accomplishes a LOT more than just helping you slim down. In fact, the 5:2 diet, a version of the fast diet, can help you live longer, look younger, have more energy, ward off chronic disease, and keep your mind sharp. This program, a form of intermittent fasting, allows you to eat all of your favorite foods for five days every week as long as you limit your calories to 500 on the other two days.

Bestselling author and weight loss expert David Ortner, a devotee of the 5:2 diet, now brings you *The 5:2 Diet for Beginners*, a totally comprehensive guide perfect for anyone interested in losing weight quickly and naturally. In it, Ortner examines the practice and benefits of intermittent fasting and provides a treasure chest of information, including:

- Secrets to help you get maximum benefit from the program
- Tips on the best foods to eat on fasting days
- A complete shopping list
- Delicious, filling low-calorie recipes
- A month's worth of fasting-day meal plans
- And much more!

This is the program you've been waiting for! It's time to slim down, reset your metabolism, increase your energy, and heal your body down to its very cells.

Pick up your copy of *The 5:2 Diet for Beginners* today!

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Frank Miller:

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Kathleen Strickland:

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Dorothy Payne:

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