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The Skinny 5:2 Fast Diet Vegetarian Meals for One: Single Serving Fast Day Recipes Snacks Under 100, 200 300 Calories

By Cooknation

Bell Mackenzie Publishing, United Kingdom, 2013. Paperback. Book Condition: New. 198 x 126 mm. Language: English . Brand New Book ***** Print on Demand *****.The Skinny 5:2 Fast Diet Vegetarian Meals For One Single Serving Fast Day Recipes Snacks Under 100, 200 300 Calories At last a 5:2 Diet vegetarian recipe book for SINGLE SERVINGS! If you are cooking for ONE who wants to waste time working out ingredients and recipes to make single servings? Unlike most 5:2 books, ALL the recipes and snacks in this book are SINGLE SERVING recipes which will get you on your way to losing those extra pounds and feeling great FAST. Packed with: Over 100 delicious vegetarian recipe snack inspiration ideas Intro, advice and info on the 5:2 Diet All recipes are MEALS FOR ONE The Skinny 5:2 Fast Diet Vegetarian Meals For One has everything you need to get you inspired and on track with your weight-loss. So what are you waiting for? Start today with the diet that has changed millions of people s lives around the world. Look out for our new men s 5:2 Diet title. MANFOOD: 5:2 Fast Diet Meals For Men: Simple Delicious, Fuss Free, Fast Day Recipes...



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