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Kim Dewalt

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Are you currently following or considering starting the 5:2 Diet? If so, congratulations! The 5:2 Diet is a great natural and healthy way to lose weight and live healthier! However, you might have noticed by now that finding 5:2 diet recipes that are both healthy AND tasty are quite hard to come across! I thought that too, until I did my research, tried hundreds of recipes, and finally came across the BEST ones that tasted AWESOME and still were in-line with the 5:2 Diet principles! This book is a collection of those recipes! A few of the many recipes in this 5:2 Diet Cookbook include: Spicy Garlic Broccoli Soup Thai Chicken Skewers Peanut Butter Cinnamon Yogurt Dip Miso Soup with Tofu Greens and Onion Scramble In addition, I've included a FREE BONUS at the beginning of the book! What are you waiting for? Start enjoying healthy AND tasty 5:2 Diet recipes TODAY by scrolling up and clicking the "buy now" button!

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