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5: 2 Diet Breakfast Recipes: Over 50 Easy Breakfasts Under 200 Calories

By Liz Armond

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 203 x 133 mm.

Language: English . Brand New Book ***** Print on Demand *****. 5:2 Diet Breakfast Recipes This cookbook contains all the breakfasts you need to follow the 5:2 Fast Diet. This is the diet that lets you eat normally five days a week and semi-fast for the other two days. You don't always know what to eat for breakfast on a fasting day in case you use a big chunk of your calories on your first meal. It also makes sense to prepare or cook something quick and easy because you won't have a lot of time most mornings. There are over 50 breakfast recipes in this cookbook that will solve those problems. The recipes included here have been carefully put together with a balance of protein and carbohydrates, they will satisfy even the hungriest appetites and set you up for the day ahead. Recipes are listed by calorie count and where possible have been given for one portion. Many of the recipes are suitable for freezing so make a batch of your favourite muffin or omelette so that you can just eat and go....



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Reviews

Very helpful to all of group of men and women. It can be written in easy terms instead of confusing. You will like how the writer write this book.

-- Dr. Daren Mitchell PhD

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