



# **The 5:2 Diet: The Beginner's Guide to Weight Loss Using the Fast Diet**

*Collin Dowling*

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# The 5:2 Diet: The Beginner's Guide to Weight Loss Using the Fast Diet

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There are literally thousands of weight loss plans and diets out there. Everyone seems to have their two cents when it comes to deciding which plan is right for you. From doctors and gurus, to a blogger online and your mother, information is being thrown at you from all sides and you honestly don't know what is best for you and your body. Well, look no further. The 5:2 Diet is the simplest dieting method that allows you to eat whatever you want and help you lose weight!

Starting by breaking down the basic science behind the 5:2 Diet, this book will provide you with everything you need to know about the 5:2 Diet; including how to implement it in your life. This book contains proven steps and strategies on how to lose weight and live a healthier life.

Here is a synopsis of what you will learn:

- How to Implement the 5:2 Diet
- Curbing your cravings
- Common Mistakes of the 5:2 Diet
- 3 Month Sample Meal Plan

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