



The Skinny 5:2 Bikini Diet Recipe Book: Recipes & Meal Planners Under 100, 200 & 300 Calories. Get Ready For Summer & Lose Weight...FAST! (Kitchen Collection) (Volume 1)

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- **Over 70 delicious recipes & snack inspiration ideas**
- **24 detailed daily fast day meal planners**
- **Intro, advice and info on the 5:2 Diet**

Plus, unlike other 5:2 books, every recipe is for 1 serving so you don't have to spend time working out portions.

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 For Men Under 200, 300 400 & 500 Calories.

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