



# **The 2 Day Diet: 5:2 Diet- 70 Top Recipes & Cookbook to Lose Weight & Sustain It Now Revealed! (Fasting Day Edition)**

*Samantha Michaels*

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# The 2 Day Diet: 5:2 Diet- 70 Top Recipes & Cookbook to Lose Weight & Sustain It Now Revealed! (Fasting Day Edition)

*Samantha Michaels*

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*The 2-Day Diet* is a breakthrough plan and a dieter's dream come true. Diet for just two days a week and lose more pounds, more inches, more body fat, and more belly fat than you would on conventional pounds-off plans! And it's based on the latest scientific research.

In this guide, *The 2 Day Diet: 5:2 Diet- 70 Top Recipes & Cookbook to Lose Weight & Sustain It Now Revealed! (Fasting Day Edition)* we will document the correct day to fast and 70 top two-day diet recipes with proper calories count. The best guide for someone who is busy and wants to get the whole gist of this diet and implement the two day diet in the next one hour! Bonus: Top 500- and 600-calories plan included for easy use and reference.

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