

# **The 5:2 Diet Fasting Cookbook: More Recipes For The 2-Day Diet. Makes 500 Or 600 Calorie Days Easier And Tastier By Angela Dowden (2013)**

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Nov 26, 2013 Author of the top 10 hit book The 5:2 Diet Cookbook and Nutritionist of the Year Angela Dowden brings you delicious recipes for the 5:2 fasting diet

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