



**5:2 and Low Carb Diets Box Set: 25 Amazing 5:2 Diet Recipes For Absolute Beginners plus 24 Quick and Healthy Low Carb Recipes (5:2 and Low Carb Diets Box Set, 5 2 diet recipes, Low Carb Recipes)**

*Phyllis Snyder, Virginia Bailey*

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### **BOOK #1: 5:2 Diet: 25 Amazing and Easy to Prepare 5:2 Diet Recipes For Absolute Beginners**

If you are tired of trying diet after diet without the results you want or need; don't give up. The 5:2 Diet may be just what you are looking for. The recipes are easy and you only have to limit yourself two days a week; unlike other diets that have you starving for months without results. This diet is super easy to follow and with the way it is designed the chance of failure is limited.

As you begin to use the recipes you will be surprised how easy eating healthy and losing weight can be. This is a perfect opportunity to try new and tasty foods that you might normally leave out of your diet. The best part is that every single recipe in this book is 5:2 Diet friendly making it even easier for you to follow the plan. In the book you are going to learn the following.

#### **In the book you are going to learn the following:**

- How and why the 5:2 Diet works
- Easy breakfast recipes
- Tasty lunch recipes
- Filling dinner recipes
- Fun snack ideas
- And much more!

### **BOOK #2: Low Carb Recipes: 24 Quick, Delicious and Healthy Low Carb Recipes**

What we consume as food and what we drink are really very important and they are a reflection of who we are and what we will become. While many consider good eating habits as a luxury, many who feel they can

afford every kind of meal end up becoming obese and shapeless. Many people find it difficult to draw the line between good eating habits and the consumption of junks that end up doing more harm to the body than good. This book proves beyond all doubts that good health as a result of good eating habit is not a luxury; it is not just affordable by the rich and not for some specific class of people. Great health is achievable by anyone and everyone. In this book, you will learn how to maintain the best health and yet enjoy your meals.

### Here is what you will learn after reading this book:

- How to maintain a good eating habit to stay healthy
- Knowledge of what low carb diets are all about and why they are important to the body
- Knowledge of what low carb diets are all about and why they are important to the body
- A list of 24 quick, yet, very delicious and healthy low carb recipes you can choose from

## Getting Your FREE Bonus

Download this book, and find "**BONUS: Your FREE Gift**" chapter right after the introduction or after the conclusion.

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The reason why? Because this 5:2 and Low Carb Diets Box Set: 25 Amazing 5:2 Diet Recipes For Absolute Beginners plus 24 Quick and Healthy Low Carb Recipes (5:2 and Low Carb Diets Box Set, 5 2 diet recipes, Low Carb Recipes) is an unordinary book that the inside of the book waiting for you to snap that but latter it will zap you with the secret that inside. Reading this book close to it was fantastic author who write the book in such incredible way makes the content interior easier to understand, entertaining means but still convey the meaning entirely. So , it is good for you for not hesitating having this anymore or you going to regret it. This excellent book will give you a lot of positive aspects than the other book possess such as help improving your proficiency and your critical thinking technique. So , still want to delay having that book? If I were being you I will go to the publication store hurriedly.

**Jose Shepard:**

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