



The 5:2 Diet: Single-Serving Vegetarian Recipes

Belinda Price

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The aims of this book are to present the facts of the 5:2 diet in a clear, concise manner without long-winded explanations, and to give you a good variety of breakfasts, lunches and evening meals. There are, in total, sixty tasty vegetarian recipes covering three meals a day for two days each week, sufficient to help you through the first ten weeks. If you are looking for a straightforward, simple explanation of the 5:2 diet and how to follow it, this book is for you. It is a myth that a diet has to be tough or even unpleasant. You will quickly develop all the confidence you need to keep going and actually enjoy this novel way of eating.

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