

Rockridge Press

THE FAST DIET

COOKBOOK

Low-Calorie Fast Diet Recipes and Meal Plans for the 5:2 Diet and Intermittent Fasting



The Fast Diet Cookbook

Mimi Spencer, Sarah Schenker



The Fast Diet Cookbook:

The 5:2 Fast Diet Cookbook, 2013 The Fast Diet Recipe Book Mimi Spencer, 2013-05-02 The Fast Diet is ideal for those of us who can just about manage to be good but lack the long distance rigour of saints Allison Pearson I think I might just be part of a health revolution Hugh Fearnley Whittingstall FOLLOWING THE NO 1 BESTSELLING FAST DIET this fabulous cook book offers 180 carefully crafted nutritious low calorie recipes to enable you to incorporate the 5 2 weight loss system into your daily life Ranging from simple breakfasts to leisurely suppers the recipes are all expertly balanced and calorie counted by Spurs and Chelsea nutritionist Dr Sarah Schenker designed to fill you up and stave off hunger There are also detailed menu plans and plenty of encouraging tips including kitchen cupboard essentials the latest nutritional advice and a whole section of speedy meals for busy days This book offers a groundbreaking companion guide to the Fast Diet You will never have to worry about planning your fast days again **The Fast 800 Recipe Book** Dr Clare Bailey, 2019-06-13 Companion recipe book to the No 1 bestselling Fast 800 by Dr Michael Mosley This fabulous companion cookbook offers a collection of delicious nutritious recipes to help you incorporate the new 800 calorie programme into your daily life Dr Clare Bailey GP and acclaimed food writer Justine Pattison have created meals which are tasty and easy to make from breakfasts and brunches soups and shakes to more substantial suppers and even occasional indulgent treats All the recipes are based on the low carb Mediterranean style of eating now proven to revolutionise your health Whether you are embarking on an intensive weight loss programme to prevent or reverse Type 2 diabetes or simply want to bring down your blood pressure and cholesterol and improve your mood and general health The Fast 800 Recipe Book will inspire you to change the way you eat for ever **The Fast Diet Cookbook** Matt Kingsley, Are you tired of restrictive diets that leave you feeling deprived and discouraged Ready to unlock your body's fat burning potential and achieve lasting weight loss without sacrificing flavor Look no further than The Fast Diet Cookbook Delicious Recipes to Ignite Your Metabolism Shed Pounds and Feel Amazing This isn't just another diet book It's your passport to a sustainable enjoyable lifestyle that nourishes your body and soul Inside you'll discover 100 mouthwatering recipes that are both fasting friendly and bursting with flavor Say goodbye to bland boring meals and hello to vibrant salads hearty soups protein packed wraps and even guilt free desserts Expert guidance on intermittent fasting including various fasting protocols tips for success and troubleshooting advice to help you overcome any challenges The science behind fasting's transformative power empowering you with knowledge and understanding to make informed choices about your health A focus on whole unprocessed ingredients ensuring you're nourishing your body with the nutrients it needs to thrive A flexible approach that fits your lifestyle so you can enjoy the benefits of fasting without sacrificing your social life or feeling restricted Whether you're new to fasting or a seasoned pro The Fast Diet Cookbook is your ultimate companion on the journey to a healthier happier you Embrace the power of intermittent fasting fuel your body with delicious and nutritious meals and watch as you shed pounds gain confidence and unlock your full potential Don't wait

any longer Grab your copy today and start your transformation **The FastDiet Cookbook** Mimi Spencer, Sarah Schenker, 2013-07-02 The indispensable companion to the 1 New York Times bestselling diet book the FastDiet became an instant international bestseller with a powerful life changing message it s possible to lose weight and reduce your risk of diabetes cardiovascular disease and cancer all while eating what you would normally eat five days a week You simply cut your caloric intake two days a week to 500 calories for women 600 for men But as FastDiet author Dr Michael Mosley says It s not really fasting It s just a break from your normal routine This fabulous new cookbook offers 150 carefully crafted nutritious low calorie recipes to enable you to incorporate the FastDiet into your daily life Ranging from simple breakfasts to leisurely suppers the recipes are all expertly balanced and calorie counted by FastDiet coauthor Mimi Spencer a devotee of the diet herself and nutritionist Dr Sarah Schenker From soups to meat dishes to delicious fish based meals the recipes are designed to fill you up and stave off hunger even though none is over 500 calories There are also detailed menu plans and plenty of encouraging tips including kitchen cupboard essentials the latest nutritional advice and a whole section of speedy meals for busy days With an introduction to the diet itself detailing its many scientifically backed health benefits and the transformative results achieved by hundreds of thousands of readers this book is an essential follow up companion guide to the FastDiet With the FastDiet Cookbook you will never have to worry about planning your fast days again *The 5:2 Fast Diet Cookbook* Angela Ford, 2014-05-22 Low Calorie Recipes compiled to assist you in your weight loss journey to a healthy living The 5 2 fast diet is all about sticking to a healthy 2000 calories meals for 5 non fasting days and fasting on no more than 500 calories for 2 days This means you can still eat your cake and lose the pounds This amazing book offers delicious nutritious low calorie and fantastic recipes to suit your 5 2 diet lifestyle The recipes range from breakfast to lunch dinner and snacks all having low calories to improve your health keep diseases away and keep your organs in top form The meals are balanced with lots of proteins vitamins and minerals fibres and modest carbohydrates to fill you up health wise and keep off hunger pangs A research carried out by independent researchers showed that those who follow this diet have experienced improved health effective weight loss within weeks and better cholesterol and insulin levels All the tips and tricks you need to know to control hunger pangs cravings and how to carry out an effective 5 2 fast diet can be found in this book The 5 2 diet is changing lives the world over and helping people lose weight Get this book and discover the amazing benefit this 5 2 diet has to offer you *The 5:2 Fast Diet Cookbook* Matt Kingsley, Unlock the Secret to Sustainable Weight Loss and Vibrant Health with the 5 2 Fast Diet Cookbook Tired of fad diets that leave you feeling deprived and discouraged Ready to embrace a lifestyle that nourishes your body empowers your mind and delivers lasting results The 5 2 Fast Diet Cookbook is your key to a healthier happier you Delicious and Satisfying Recipes Discover over 100 mouthwatering recipes for both fasting and feasting days proving that healthy eating can be a joy not a chore Flexible and Sustainable The 5 2 approach fits seamlessly into your busy life allowing you to enjoy social events and indulge in your favorite foods without guilt Science Backed

Benefits Experience improved health markers increased energy levels enhanced mental clarity and sustainable weight loss
Real Life Inspiration Read inspiring testimonials from real people who have transformed their lives with the 5 2 diet Expert
Guidance Gain valuable insights on navigating challenges staying motivated and embracing a holistic approach to well being
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and celebrates the joy of eating well Say goodbye to restrictive diets and hello to a sustainable approach that delivers lasting
results Order your copy of The 5 2 Fast Diet Cookbook today and start your journey to a healthier happier you *The Fast
Diet Cookbook* Rockridge Press,2025-06-17 Enjoy the cleansing healthful benefits of a fast without depriving and starving
yourself Intermittent fasting also known as the 5 2 Diet is a sensible approach to fasting You'll enjoy low calorie meals two
days a week while eating your recommended daily requirement of calories on the other five days With The Fast Diet
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the goal of eating 500 calories for women and 600 for men Get started on your health and weight loss program with one
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Learn how intermittent fasting promotes not only weight loss but has also been proven to increase overall health and well
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and Intermittent Fasting is your guide to sensible fasting for weight control and optimum health Ideal 5:2 Fast Diet
Cookbook Lilly Wright,2014-03-20 Want to try a diet that gives your willpower a break Than 5 2 Fast Diet Cookbook is a
much healthier and more pleasant way to lose weight 5 2 Diet Cookbook is a flexible approach to healthy eating with five
feast days and two fast days you can have normal food for most of the week and only cut down for 48 hours On a Fasting day
make sure you eat only 500 calories for women 600 calories for men on each of two non consecutive days per week If you
stick to this plan then you should lose around 1lb 0.46kg a week And best of all you only have to calorie count for two days
But the rest of the time you're free to choose the foods you love as long as you don't go overboard and probably won't want
to eat as much as you'll really savour your food after a fast day 5 2 Diet Cookbook contain delicious easy filling recipes to
make your fasting days most satisfying Eat good drink lots of water exercise for 30 minutes three times a week on non fasting
days stay light Vibrant fit forever Enjoy the Recipes of 5 2 Diet Cookbook **Utterly Simple & Flexible 5:2 Fast Diet
Cookbook** Sharon Perez,2014-04-17 The 5 2 FAST DIET is also known as the intermittent fasting diet it doesn't mean going
without food for two days every week Rather it means that you have two low calorie but highly nutritional food days per week
and five days of eating normally but healthy On a Fasting day make sure you eat only 500 calories for women 600 calories for
men on each of two non consecutive days per week Exercise for 30 minutes three times a week on non fasting days is
recommended as well You may drink as much as you like on fast days but watch those calories Green Tea and water are

recommended Meals can be split up over the day as long as you are within your calorie allowance Two low calorie days a week like this help to lower you IGF 1 which helps to prevent heart disease cancer and diabetes as well as aiding weight loss

5 2 FASTING is a simple way to reduce your calorie intake over the week without making you feel deprived You re only dieting 2 days a week it is not technically fasting You can split your calories however you like on your fasts whether you want 1 large meal 2 medium sized meals or 3 smaller meals

5 2 FAST DIET is really useful in not only helping us to lose weight but also regaining our control over food and our appetites You won t starve You won t need to feel guilty about eating the things you enjoy You don t have to buy fancy branded diet foods to follow this lifestyle Just consider exercise drink lots of water get a good amount of sleep cut out habits like heavy smoking and attempt to eat healthier when on your 5 day eat anything segment you will lose weight feel healthier and look great

The Fast Diet Cookbook Liz Armond, 2015-05-24 The Fast Diet Cookbook Contains 100 Delicious Recipes for Fast Weight Loss All Ingredients Readily Easily Available in UK US EU in fact everywhere Nothing fancy included This cookbook contains all the menus you will need to follow the 5 2 Fast Diet This is the diet developed by Dr Michael Mosley that lets you eat normally five days a week but on the other two you can only eat 500 calories if you are a woman and 600 if you are male So how do you know what to eat on a typical fasting day It makes sense to cook something quick and easy as you don t want to be in the kitchen too long when you are trying to eat less The author was looking for low calorie meals but was frustrated with the expensive and fussy recipes in other 5 2 cookbooks and thought there had to be a simpler way to cook and eat delicious low calorie food This cookbook has over a 100 recipes that will make your fasting days something to look forward to They include breakfasts easy lunches and some delicious dinners The recipes are carefully put together with a balance of protein and carbohydrates They will satisfy even the hungriest appetites on the two fasting days and they are not just smaller portions Includes Prawn and Fennel Soup Hearty Potato and Leek Soup BLT Lunch Mushroom Risotto Chicken Lasagne Beef and Courgette Bake Pork Stroganoff with Rice Also Includes An overview of the 5 2 Fast Diet which includes the many benefits of this diet Calorie counts for all recipes with preparation and cooking times Recipes suitable for freezing The recipes are calorie grouped and portioned into either 1 2 or 4 servings and the recipe index shows the calorie count which is very handy if you are close to your allowance after lunch and need to adjust your evening meal Like all the cookbooks in this series recipes are easy low calorie and no nonsense Make extra freeze ahead and limit your time in the kitchen So if you are serious about losing weight fast then join the 5 2 Diet crowd and pick up this cookbook now you will be delighted with the results

Reviewer Remarks Who knew you could eat this well on 500 calories Great Little Book Will not go hungry Excellent book well written and great recipes

The Quick & Easy Fast Diet Cookbook Telamon Press, 2013-12-20 The Fast Diet is a life changing diet solution that lets you lose weight effectively without having to count calories every second of the day On a Fast Diet you ll eat a normal diet five days a week and you ll designate two fasting days to eat a reduced calorie count It s as simple as that The Quick Easy Fast Diet Cookbook will get you started on a

successful Fast Diet right away so you can start losing those extra pounds With more than 75 simple low calorie recipes The Quick Easy Fast Diet Cookbook will make it easy to plan ahead and create easy meals on your fasting days With The Quick Easy Fast Diet Cookbook you ll learn how to get the nutrients you need during your fasting days while still restricting your calories and boosting your metabolism The Quick Easy Fast Diet Cookbook will make it easy to lose weight on a Fast Diet with More than 75 low stress low calorie Fast Diet recipes to use on your fasting days including Apple Cinnamon Pancakes Spinach Artichoke Dip and Balsamic Grilled Salmon Helpful meal plans cooking tips and time and money saving ideas to make your Fast Diet easy and effective Straightforward introduction to the Fast Diet including how to choose your fasting days and how to plan ahead Explanation of the benefits of the Fast Diet including how restricting calories can speed up your metabolism improve insulin response and prevent disease With simple and satisfying recipes The Quick Easy Fast Diet Cookbook will make it easy to enjoy your fasting days and enjoy the results even more **The Fast Diet Cookbook** Louise W. Torres,2022-03-22 Simply lowering your calorie intake for two days each week can reset your metabolism and speed up your body s fat burning potential resulting in substantial weight reduction without starvation **The Fast Diet** Michael Mosley,Mimi Spencer,2014 Two years on from first publication of The fast diet which outlined a radical new approach to weight loss intermittent fasting and the 5 2 programme is still the diet everyone is talking about In this fully updated and expanded edition for 2015 Dr Michael Mosley and Mimi Spencer revisit the health phenomenon of the decade **The FastDiet - Revised & Updated** Dr Michael Mosley,Mimi Spencer,2015-01-06 This new diet allows users to eat whatever they like five days a week and then fast consuming 500 600 calories day for two nonconsecutive days and lose weight quickly and easily **Fast Diet Cookbook** Lisa Correll,2014-03-31 About the Book This book is for people following the 5 2 Fast Diet who care about their health but still want to enjoy delicious foods You will find a collection of low calorie recipes for fasting days from 45 to 300 calories Learn about the Fasting diet and its health benefits in the Introduction Then browse through the collection of low calorie recipes for every meal of the day In the first section there are appetizer recipes including blue cheese chive straws walnut stuffed dates and lots more Secondly you will find healthy and delicious breakfast recipes like sweet blueberry pancakes and a cheese tomato omelet Following breakfasts are the lunch recipes that are light and delicious Then comes the low calorie dinner recipes e g vegetable lentil stew and many more Lastly indulge your sweet tooth without even breaking the rules Enjoy your meals even on your fasting days These delicious and healthy low calories recipes provide the nutrition that your body needs You can mix match to spread your calories across the fasting day ensuring that you eat well feel full even on your day off You won t be going hungry and fasting days will be as much fun as feasting days **The 5:2 Fast Diet Cookbook** Samantha Logan,2014-01-07 Intermittent fasting also known as the 5 2 diet has become incredibly popular in recent months And with good reason it works The so called fast diet calls for eating normally for five days and then eating a reduced amount five hundred calories for women and six hundred for men on the remaining two days of every

week By reducing your calorie intake for just two days a week you will reset your metabolism and rev up your body's fat burning ability to cause dramatic weight loss without deprivation The 5 2 Fast Diet Cookbook is the key to learning what to eat on these low calorie fasting days Inside you'll find recipes and tips for getting the most satisfaction and fullness from your low calorie bucks With 150 nutritious recipes none of which has more than two hundred calories per serving you'll have a wide variety of choices for breakfast lunch dinner and snacks on these two crucial days With delicious dishes like garlic ginger and honey chicken and roasted cauliflower with Parmesan you definitely will not feel deprived on your fasting days These recipes are packed with flavor and are easy to make even for busy weeknight meals *Fast Diet Cookbook for Beginners* James Heather,2013-11-30 You know when you just feel like you need a burger and fries but have to stick to your diet It feels lousy doesn't it That is where fast dieting comes in you can have your cheeseburger and enjoy it too The fast diet is based on the principle of intermittent fasting which is essentially a pattern of alternating fast days with non fast days So you have the freedom to make healthy food choices every day without the hungry pangs or cravings of those forbidden foods because nothing is off the menu Start now by learning the basics and benefits of what the fast diet can do for you To make it an even easier choice for you there's over 100 delicious recipes to get you started So what are you waiting for

Intermittent Fasting Diet: The Intermittent Fasting Cookbook - Delicious Recipes for the Intermittent Diet Lindsay Parsons,2017-05-15 Intermittent Fasting Diet The Intermittent Fasting Cookbook Delicious Recipes for the Intermittent Diet This Intermittent Fasting Diet book is all about the fasting diet and giving suggestions for recipes as the Intermittent Fasting Cookbook This is also known as the lose weight fast diet with fast meaning going without food not the time frame Intermittent fasting diets have helped people to lose weight successfully for years It is a fat loss diet which uses the methods of fasting as a diet This is an effective diet that is fairly easy to follow Of course the true success depends upon how you choose to eat during your eating times and what you do in addition to the diet This diet works by dieting during certain hours and fasting the rest of the time The less you can eat and the more you can fast the faster you may lose the weight But you have to practice caution because if you fast too much the body can go into starvation mode and no thing is lost The body in this mode hangs on to fat for fear of not eating again for a while You can avoid this by eating the right kinds of food Certain foods will sustain the body longer and coupling dieting with exercise you have greater success with the weight loss This cookbook suggests going with the intermittent dieting where you eat during a set time each day then fasting the rest of the time This method works well because the body is less likely to go into starvation mode if it has food each day The official diet plan does not specify any certain foods however common sense tells you in order to lose the weight and body fat effectively you must eat sensible foods This means staying away from junk foods and focusing on nutrition by eating foods high in nutrients There are three categories in the book with an introduction and a sample 5 day meal plan The three main recipe categories cover breakfast a main meal and a light meal or snack **The Fast 800** Dr Michael Mosley,2018-12-27

FROM THE CREATOR OF THE INTERNATIONAL BESTSELLING 5 2 A SIMPLE FLEXIBLE NEW WEIGHT LOSS PROGRAMME BASED ON GROUNDBREAKING SCIENCE The most eagerly awaited health book of the year Daily Mail Dr Michael Mosley started a health revolution with The 5 2 Fast Diet telling the world about the incredible power of intermittent fasting In this book he brings together all the latest science including a new approach Time Restricted Eating to create an easy to follow programme Recent studies have shown that 800 calories is the magic number when it comes to successful dieting it s an amount high enough to be manageable but low enough to speed weight loss and trigger a range of desirable metabolic changes The secret of this new programme is that it is highly flexible depending on your goals you can choose how intensively you want to do it Along with delicious low carb Mediterranean style recipes and menu plans by Dr Clare Bailey The Fast 800 offers an effective way to help you lose weight improve mood and reduce blood pressure inflammation and blood sugars Take your future health into your own hands

Embark on a breathtaking journey through nature and adventure with is mesmerizing ebook, Witness the Wonders in **The Fast Diet Cookbook** . This immersive experience, available for download in a PDF format (*), transports you to the heart of natural marvels and thrilling escapades. Download now and let the adventure begin!

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The Fast Diet Cookbook Introduction

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