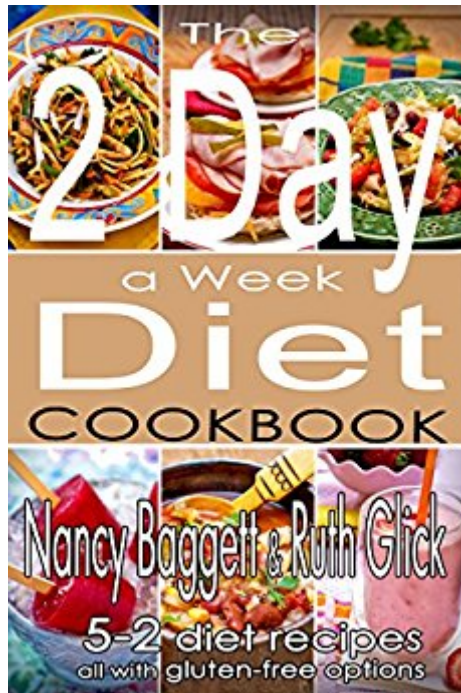


The book was found

# The 2 Day A Week Diet Cookbook: (5-2 Diet Recipes With Gluten-Free Options)



## Synopsis

All the recipes in The 2 Day a Week Diet Cookbook were crafted and carefully tested by Nancy Baggett and Ruth Glick, cookbook authors with years of experience creating tasty, calorie-wise recipes for national publishers including The American Diabetes Association, Rodale Books, Eating Well, Cooking Light, and Weight Watchers Magazine. Overview A phenomenal new weight busting plan is now taking the world by storm. Known as the 5-2 Diet, Fast Diet, or Intermittent Diet, it calls for counting calories only two days a week and eating normally the other five days. But the plan requires cutting back to 500 calories (600 for men) on the diet days--which can be challenging unless you have the right recipes. That's where The 2 Day a Week Diet Cookbook comes in. It's designed to give you exactly what you need to succeed on your two diet days: Restricted-calorie recipes that are quick, easy, delicious, and remarkably satisfying. Here are 200-calorie or fewer versions of favorites (ideal for anyone on a low-fat diet) including chili, New England clam chowder, baked apples, French toast, and chocolate-banana breakfast smoothie--food you can actually look forward to on your diet days. Plus you'll find enticing photos, sample menus, and streamlined cooking techniques to fit the recipes into your busy schedule while you shed those unwanted pounds. Among the book's key features:

- \* 75 quick and easy recipes.
- \* 50 beautiful photographs.
- \* Clear, simple-to-follow instructions.
- \* Helpful recipe introductions.
- \* Fat cutting techniques.
- \* Time-saving cooking methods.
- \* Recipes that can be made ahead or frozen.
- \* Emphasis on everyday ingredients.
- \* Nutritional analysis for each recipe.
- \* Cooking and shopping tips.
- \* Sample menus.
- \* Diet-day strategies.
- \* Gluten-free options for all recipes

## Book Information

File Size: 9985 KB

Print Length: 256 pages

Simultaneous Device Usage: Unlimited

Publisher: Light Street Press (January 11, 2014)

Publication Date: January 11, 2014

Sold by: Digital Services LLC

Language: English

ASIN: B00HV6RTC8

Text-to-Speech: Enabled

X-Ray: Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #213,987 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #152

inÂ Books > Health, Fitness & Dieting > Diets & Weight Loss > Gluten Free #300 inÂ Kindle Store

> Kindle eBooks > Health, Fitness & Dieting > Diets & Weight Loss > Diets > Low Fat #490

inÂ Books > Cookbooks, Food & Wine > Special Diet > Allergies

## Customer Reviews

ORDER THIS BOOK NOW!The science on alternate day fasting goes way back.... and is solidly documented in the labs where white mice considered elderly... suddenly slimmed down, gained energy, and started running around as if they were youngsters.HOW to make an ongoing lifelong palatable life style shift to utilize the benefits of all this science remained an enigma until recently.The solution: Eat reasonably for 5 days of the week and at 500 calories the other two days.Sounds horrific right. NOT SO!The authors of The 2 Day a Week Diet Cookbook.... two highly experienced authors of cookbooks.... have put together a cookbook guaranteed to get you through your two days at 500 calories with minimum pain.No longer are you outside the candy store with your nose pressed against the glass ... longing for the treats inside.It took two authors of this experience level to pull this off... others have tried... I checked out their work and did not find it that helpful. The authors of this book are ... quite simply MASTERS of what they do! These are great recipes created by Masters of FOOD in support of a life style shift you need to make.I won't even talk about: the Obesity Epidemic. the Obesity link to Alzheimer's and Cognitive Decline. or if you're a mom and/or wife ... your unavoidable position as role model for your family. Empowered Moms have the power to empower their families! And I am very worried about America's kids and obesity.Study the recipes. When you see what these authors have made possible on fewer calories you will get a Teaching in creating better food choices for your children. Your THINKING about food choices will change.You will see what is possible.

[Download to continue reading...](#)

Gluten Free: Gluten-Free Baking Cookbook: Delicious and Healthy, 100% Gluten-Free Cake & Bake Recipes You Will Love (Gluten Free Diet Cookbook, Gluten Intolerance Book 2) Gluten Free: Gluten Free Quick-start Guide To Living A Gluten-Free and Wheat-Free Diet (Over 100 Gluten-Free Recipes) Gluten Free: Vegan Cookbook: Nutritious and Delicious, 100% Vegan + Gluten Free Recipes to Improve Your Health, Lose Weight, and Feel Amazing (Gluten Free Diet Cookbook, Gluten Intolerance Book 3) Gluten Free Recipes: 39 Gluten Free Recipes With Rice, Polenta,

Beans And Quinoa Plus Delicious Vegetable Side Dishes To Complete Your Gluten Free Meal-Discover ... Gluten Free Recipes On a Budget Book 6) The Gluten-Free Diet Cookbook: 101 Delicious Wheat-Free Recipes Inspired by the Mediterranean Diet (Gluten-free, Gluten-free Cooking) The 2 Day a Week Diet Cookbook: (5-2 Diet Recipes with Gluten-Free Options) WHEAT BELLY DIET FOR BEGINNERS: Grain-Free, Wheat-Free, Gluten-Free Cookbooks and Recipes For Weight Loss Plans and Solutions Included! (Wheat Free Grain Free Gluten Free Weight Loss Diet Book 1) GLUTEN FREE COOKBOOK: Gluten Free Slow Cooker Recipes: 50 Gut Friendly Wheat Free Meals That Are Ready When You Are (Gluten Free Diet) (Health Wealth & Happiness Book 57) Gluten-Free Crock Pot Recipes: 50 Sensational Set & Forget Slow Cooker Recipes for a Gluten-Free Diet (Gluten-Free Made Easy) (Volume 2) Day Trading: Become A Big Profit Trader: Trading For A Living - Trading Strategies, Stock Trading & Options Trading (Penny Stocks, ETF, Binary Options, Covered Calls, Options, Stock Trading, Forex) My Grain & Brain Gluten-Free Slow Cooker Cookbook: 101 Gluten-free Slow Cooker Recipes to Boost Brain Power & Lose Belly Fat - A Grain-free, Low Sugar, Low Carb and Wheat-Free Slow Cooker Cookbook Crockpot Recipes: 30 Delicious, Dairy & Gluten Free, Low Carb Recipes For Busy People (Slow Cooker, Slow Cooker Cookbook, Crockpot Cookbook, Gluten Free ... Cooker Recipes, Low Carb Cookbook Book 1) The Healthy Gluten-Free Life: 200 Delicious Gluten-Free, Dairy-Free, Soy-Free and Egg-Free Recipes! Yummy Yum for Everyone: A Childrens Allergy Cookbook (Completely Dairy-Free, Egg-Free, Wheat-Free, Gluten-Free, Soy-Free, Peanut-Free, Nut-Fre The Allergy Self-Help Cookbook: Over 350 Natural Foods Recipes, Free of All Common Food Allergens: wheat-free, milk-free, egg-free, corn-free, sugar-free, yeast-free Vegan: High Protein Vegan Cookbook-Vegan Diet-Gluten Free & Dairy Free Recipes (Slow cooker,crockpot,Cast Iron) (vegan,vegan diet,vegan slowcooker,high ... free,dairy free,low carb) Paleo Free: Diet Guide for Beginners - Over 50 Paleo Free Diet Recipes for Optimal Health & Fast Weight Loss (gluten free, lose belly fat, paleo beginners, ... paleo desserts, paleo diet, wheat free) The Gluten Free Geek's No Tricks Just Treats: Gluten-Free Goodies for Your Halloween Happenings (The Gluten-Free Geek's Guides) Atkins Diet: Dr Atkins New Diet Revolution - 6 Week Low Carb Diet Plan for You (Atkins Diet Book, Low Carb Cookbook, Atkins Diet Cookbook, High Protein Cookbook, New Atkins Diet) Week-by-Week Homework for Building Reading Comprehension & Fluency: Grade 1 (Week-by-Week Homework For Building Reading Comprehension and Fluency)

[Dmca](#)