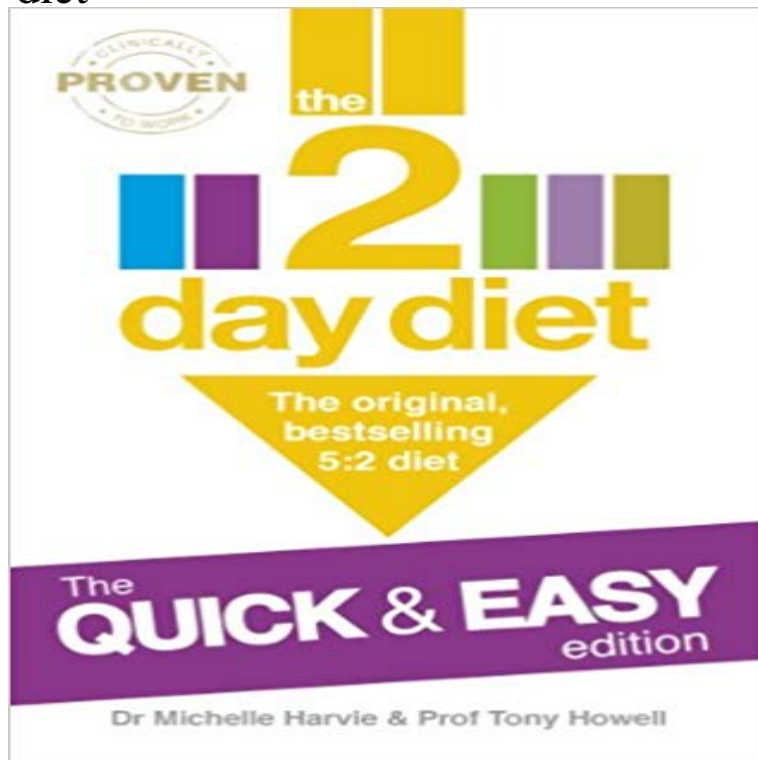


The 2-Day Diet: The Quick & Easy Edition: The original, bestselling 5:2 diet



The 2-Day Diet is the original, clinically proven intermittent diet to get you slim and healthy. Unlike other 5:2 diets, there's no calorie counting, fasting or skipping meals. To reach your perfect weight simply follow the low-carb, low-sugar plan for two days a week, then for the rest of the week eat normally but sensibly with the help of the healthy eating guidelines. The 2-Day Diet is easy to fit around the tastes and appetites of any non-dieters in your life, such as friends and family, and all author proceeds go to Genesis Breast Cancer Prevention. In this new simplified edition, acclaimed scientists Dr Michelle Harvie and Prof Tony Howell at Genesis Breast Cancer Prevention have made it really easy to succeed on The 2-Day Diet. Expect to lose weight, twice as much fat and more centimetres around your waist than you would on a standard calorie-controlled diet. You can also benefit from the numerous other health benefits associated with this diet, including: reduced cancer risks; lowered high blood pressure; anti-ageing effects; and improved well-being, mood and energy levels. With clear, safe and simple guidance, plus meal planners and delicious recipes, this unique way of eating means you can enjoy your food and stop worrying about your weight for good.

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