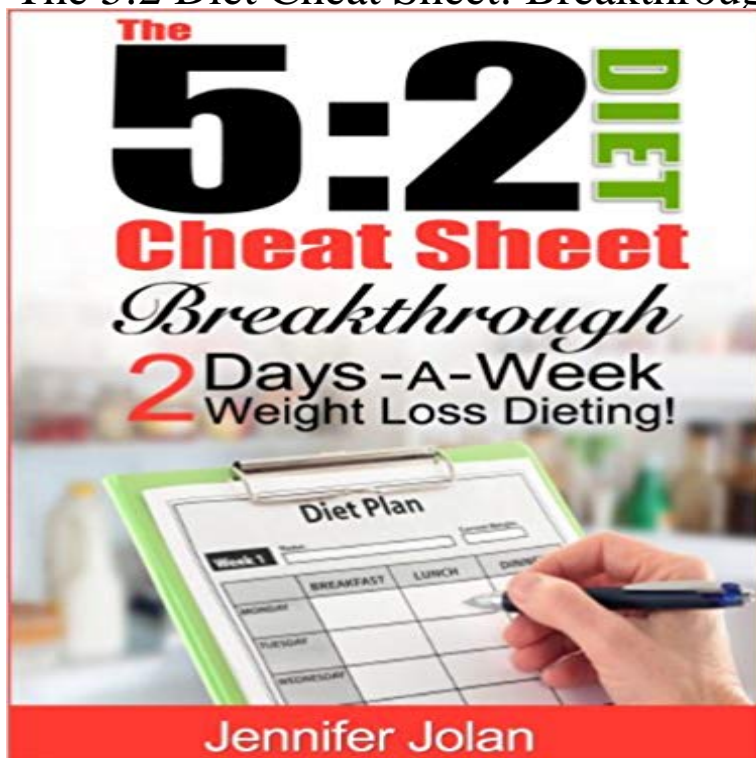


## The 5:2 Diet Cheat Sheet: Breakthrough 2-Days-a-Week Dieting



If you want to know the specifics of the breakthrough 5:2 Diet, then The 5:2 Diet Cheat Sheet will walk you through the diet without boring you with all the fluff. You'll discover:\*

- \* The Truth about how much weight you'll actually lose on the 5:2 Diet\*
- \* 2 cheap foods to use on your (IF) days (one food is a cheap convenience food and the other you can make in a few minutes, but both make your fasting days a breeze)\*
- \* Why Intermittent Fasting (IF) doesn't require you to go without food (you can eat food 3 times a day, every single day, if you want... even on fasting days)\*
- \* A big mistake me-too 5:2 Diet books make when outlining foods to eat\*
- \* How to incorporate cookies (YES, COOKIES) into the 5:2 Diet\*
- \* How to use the 5:2 Diet to reduce your odds of getting diseases and illnesses\*
- \* What you can do to transition this diet into a lifelong healthy eating program\*
- \* Which foods are pure DISASTERS on your 2 fasting days (other 5:2 books get this wrong!)\*
- \* And much, much more...Jennifer Jolan is a bestselling author (hundreds of thousands of diet and health books sold) who has been writing about and researching Intermittent Fasting (IF) since 2009. With the 5:2 Diet being a concept diet and not a specific diet, it's best to seek out a trusted and experienced diet author who knows the Ins and Outs of Intermittent Fasting. Most of the 5:2 Diet books on the market were written by authors in early 2013 who have no experience or qualifications to write on the subject. They just re-hash (badly) what they saw on a documentary. Jennifer Jolan not only takes you step-by-step through the 5:2 Diet basics, she also adds her unique twists and tweaks to enhance your diet results within the framework of the 5:2 Diet protocols. She also included 12 bonus reports you'll never see anywhere else.

**2 FREE BONUS REPORTS INCLUDED IN THE KINDLE FILE:**

1. 5-Minute No-Bake Diet Weight Loss Cookies
2. 15-Second Diet Tricks:

Turn Bad Meals Into Weight Loss Meals Instantly! 10 Additional FREE Bonus Reports at a Special Link on the Last Page of the Kindle File:1. How to Lose Weight Spinning in a Circle like Kids 2. The 20-Second Bathroom Trick for a Super-Charged Metabolism and a Flood of Energy 3. One Tablespoon of this \$6 Supplement Detoxes 900 Yards of Toxins from Your Body 4. Do-It-Yourself Face-Lift: How to Look 5 Years Younger in 2 Weeks - Got 5 Minutes a Day? 5. The 50-Cent Miracle Weight Loss Food You're Not Eating6. #1 Cheap Supplement that Reverses Gray Hair & Infuses Health into Your Body 7. How to Get Rid of Allergies in 90 Seconds with Water 8. The Ultimate 3-Second Fountain of Youth Neural Fat Loss Exercise 9. The 15-Second T-Tap for Overcoming Hypothyroidism & Sluggish Energy10. How to Make Healthy Ice Cream in 2 Minutes and Other Sweet Surprises!

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[\[PDF\] Das Ritual der Atu \(CTH 490\) \(Culture and History of the Ancient Near East\)](#)

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