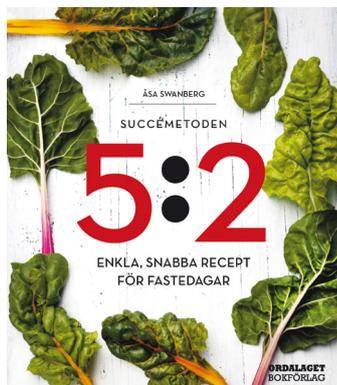


THE 5:2 DIET – SIMPLE, QUICK RECIPES FOR FASTING DAYS



Contents

Introduction

Breakfast, snacks between meals

– 100 calories

– 200 calories

Food

– 100 calories

– 200 calories

– 300 calories

– 400 calories

– 500 calories

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Succémetoden 5:2

Åsa Swanberg, Malou Holm

180x210, 144 pp

Diet books can be inspiring too!

The 5:2 diet has been a success everywhere. You eat whatever tasty things you like, but less on two days a week. The authors make the 'simple' 5:2 method even simpler, for example by describing many dishes that are suitable to put in the freezer.

The book contains about 70 recipes for breakfast, snacks, lunch and dinner during the half-fasting days. They are divided according to calorie-content and you can combine the recipes depending on how you want to eat (some will want to eat everything at once, others a bit at a time). The between-meal snacks are for those who want to start gently and test the diet. There are also some recipes for up to 550 kcal/person for those who only want to eat one meal a day.

All the recipes are quick and easy to prepare while at the same time being inspiring and delicious, for example 'Carrot and coconut smoothie' and 'Crayfish wrap'. Some are suitable for making a large amount at once so you can put portions in the freezer for future fasting days when you rarely feel like preparing food from scratch.

The food looks good and has been photographed with a sure sense of style. This is a 5:2 cookbook to inspire you!

About the authors



Åsa Swanberg is a food-loving writer who is passionate about cuisine as well as baking. Åsa has considerable experience as a copywriter within the food sector, and has also written several cookbooks and guides to outings.



Malou Holm is a graphic designer who works for theatres, publishing houses and companies. She is fastidious when it comes to style, and has a passion for large letters, art and carrot cake.



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