



**Delicious 5:2 diet salads recipes:low calorie recipes
to take you through your intermittent fasting diet;
50, 100, and 200 calories**

carey ruth

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Would you love to lose weight without stress? 5:2 diet may help you lose weight without losing your mind. The salads in this book will help you during your fasting days. They have low calories and are very satisfying. Of course, they are very yummy; I and a couple of friends enjoyed them and strongly believe you too will enjoy them.

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