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# THE 2-DAY DIET: THE QUICK EASY EDITION: THE ORIGINAL, BESTSELLING **5:2 DIET (PAPERBACK)**

Ebury Publishing, United Kingdom, 2014. Paperback. Condition: New. Language: English . Brand New Book. 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...

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- Authored by Michelle Harvie, Professor Tony Howell
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