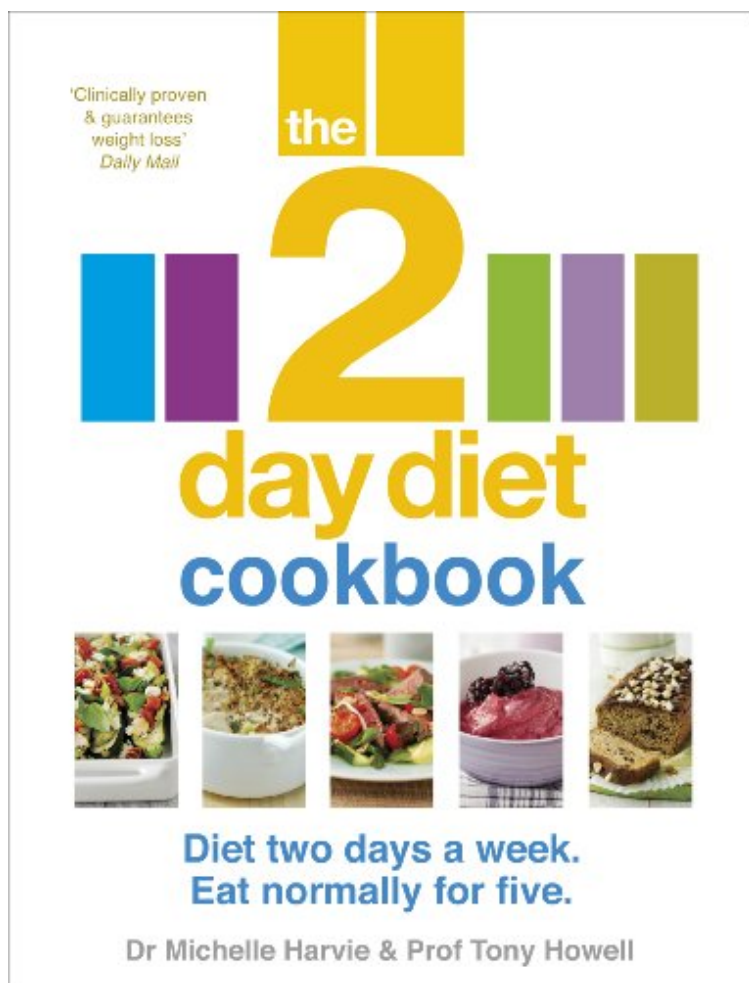


(Mobile library) File size: 79.Mb

The 2-Day Diet Cookbook



Par Michelle Harvie, Tony Howell

*Download PDF | ePub | DOC | audiobook | ebooks

Dtails sur le produit Rang parmi les ventes : #363581 dans eBooksPubli le: 2013-04-25Sorti le: 2013-04-25Format: Ebook Kindle

(Mobile library) The 2-Day Diet Cookbook

Par Michelle Harvie, Tony Howell : **The 2-Day Diet Cookbook** before purchasing it in order to gage whether or not it would be worth my time, and all praised The 2-Day Diet Cookbook:

Download

Read Online

Description :

Prsentation de l'diteurThe 2-Day Diet is the clinically proven 5:2 diet developed by acclaimed scientists Dr Michelle Harvie and Prof Tony Howell at Genesis Breast Cancer Prevention (all author proceeds go to this charity). Their intermittent diet has taken the nation by storm as more and more people discover the diet that really works. Its not about counting calories, fasting or going hungry simply follow the straightforward low-carb eating plan for two days per week then eat normally but sensibly for the other five. In this beautifully illustrated cookbook, youll find 65 delicious, healthy recipes for every day of the week, with ideas for both restricted and unrestricted days. On The 2-Day Diet you can enjoy filling, tasty food all day long - from breakfast through to dinner - and still lose more weight and up to twice as much fat as on a standard calorie-controlled diet. You will also benefit from a wide range of health benefits associated with the diet, such as reducing insulin and levels of other hormones and inflammation in the body known to cause cancer, lowering high blood pressure, and improving well-being, mood and energy levels. Recipes for restricted days include:- Stuffed tarragon chicken with bacon and roasted veg- Chimichurri steak- Spiced turkey burgers with guacamole- Salmon with roasted fennel, leeks and tomatoes- Blackberry frozen yoghurt-

Melon, mint and pineapple granita

With nutritionally balanced, easy-to-prepare and delicious recipes like these, along with tips, meal plans and a quick-reference guide to what to eat, The 2-Day Diet Cookbook shows you how to love food, lose weight and keep it off forever.

Présentation de l'auteur

The 2-Day Diet is the clinically proven 5:2 diet developed by acclaimed scientists Dr Michelle Harvie and Prof Tony Howell at Genesis Breast Cancer Prevention (all author proceeds go to this charity). Their intermittent diet has taken the nation by storm as more and more people discover the diet that really works. It's not about counting calories, fasting or going hungry simply follow the straightforward low-carb eating plan for two days per week then eat normally but sensibly for the other five. In this beautifully illustrated cookbook, you'll find 65 delicious, healthy recipes for every day of the week, with ideas for both restricted and unrestricted days. On The 2-Day Diet you can enjoy filling, tasty food all day long - from breakfast through to dinner - and still lose more weight and up to twice as much fat as on a standard calorie-controlled diet. You will also benefit from a wide range of health benefits associated with the diet, such as reducing insulin and levels of other hormones and inflammation in the body known to cause cancer, lowering high blood pressure, and improving well-being, mood and energy levels. Recipes for restricted days include:- Stuffed tarragon chicken with bacon and roasted veg- Chimichurri steak- Spiced turkey burgers with guacamole- Salmon with roasted fennel, leeks and tomatoes- Blackberry frozen yoghurt-

Melon, mint and pineapple granita

With nutritionally balanced, easy-to-prepare and delicious recipes like these, along with tips, meal plans and a quick-reference guide to what to eat, The 2-Day Diet Cookbook shows you how to love food, lose weight and keep it off forever.

Biographie de l'auteur

Michelle Harvie (Author) Dr Michelle Harvie is an award-winning research dietician at Genesis Breast Cancer Prevention, specialising in optimum diet and exercise strategies to prevent breast cancer and its recurrence. Her findings have been published in many major scientific publications and she was awarded the British Dietetic Association Rose Simmond's Award for best published dietetic research in 2005. She is the co-author of The 2-Day Diet, The 2-Day Diet Cookbook and The 2-Day Diet Quick and Easy Edition. Tony Howell (Author) Prof Tony Howell is Professor of Medical Oncology and specialises in pharmacological and lifestyle measurements to prevent breast cancer. He is also Research Director of Genesis Breast Cancer Prevention. He is the co-author of The 2-Day Diet, The 2-Day Diet Cookbook and The 2-Day Diet Quick and Easy Edition.