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# 5:2 Diet - The Nordic Way: 4-week Meal Plan With Recipes For Fasting Days

4-week meal plan with recipes  
for fasting days

## 5:2 DIET

The Nordic Way



Tarja Moles



## Synopsis

Want to lose weight, improve your wellbeing and try a new cuisine? Now you can! This little book brings you Nordic meal ideas and recipes for your fasting days. Many Nordic foods are considered to help improve health, and combining this with the 5:2 diet, you will soon be well on your way to a healthier lifestyle! This book makes your 5:2 diet easy:\*

- \* By following the meal plan, you don't have to count calories.
- \* Each fasting day is planned to suit both women and men's requirements.
- \* The recipes are easy to make – even novice cooks can prepare the meals.
- \* All the measurements are given in metric, imperial and US cup measures so you can choose the most familiar way of cooking for you.
- \* All the meals (such as soups, open rye bread sandwiches, salads and breakfast porridge) are full of delicious and wholesome Nordic flavors which make your fasting days more interesting.
- \* The book contains a 4-week meal plan with recipes for fasting days (that is, 8 fasting days). Each day has suggestions for two meals (breakfast and dinner) as well as an additional milk allowance for your coffee and/or tea.

With the help of this book you can easily immerse yourself in Nordic cuisine and super-charge your efforts to lose weight and improve your wellbeing! Find out more: [www.lusciousbooks.co.uk/52-diet-the-nordic-way](http://www.lusciousbooks.co.uk/52-diet-the-nordic-way)

## Book Information

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## Customer Reviews

Great little book. Found it an easy read but not very easy for me to follow on a fixed income.

UPDATE: and the author have updated the description and title. Properly described, this seems like an excellent guide/intro to fasting days.

Not helpful at all

My daughter lives in Scandinavia and she is very food-conscious so I had good reason to read and like this book. Unlike another buyer, I did not find the title misleading. For me, it does all it says on the cover. What more could I ask? I have a philosophy that encourages me to look at the way other nationalities cook and eat, so the book was a double benefit to me. I have bought other cook books by Tarja Moles and I have to say I value all of them. I can heartily recommend this one.

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