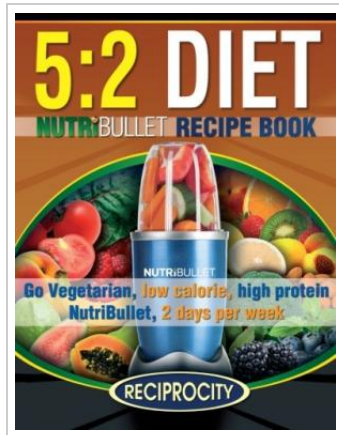



[DOWNLOAD](#)


The 5: 2 Diet Nutribullet Recipe Book: 200 Low Calorie High Protein 5:2 Diet Smoothie Recipes

By Susan Fotherington

Createspace, United States, 2015. Paperback. Book Condition: New. 242 x 186 mm. Language: English . Brand New Book ***** Print on Demand *****.Welcome to a whole world of new tastes! Raw Greens, Raw Fruits, Raw Vegetables and the 5:2 day intermittent fasting diet combined. We have produced two hundred 250 kcal 20 protein gram recipes for men and for women. So you can have two Smoothies a day on the 2 fasting days per week. Have one for brunch and the other for dinner. The recipes are designed to provide the correct number of calories and meet the estimated average protein gram requirements for men and women on the 2 fasting days. Because restricting calories is helpful but restricting protein is not. The breakdown is as follows. 20 Superfood Smoothies 20 Heart Care Smoothies 10 Detox and Cleansing Smoothies 10 Brain Food Smoothies 6 Sleep enhancing and Stress Busting Smoothies 17 Classic Green and Fruit Smoothies 17 Classic Greens Fruits and Veggie Smoothies All recipes are stated in Cups, Grams and Ounces. The precise nutritional break down into Protein grams, Fat grams, Carb grams, Fibre grams and Kcals is calculated for each recipe using data from the U.S. Department of...


[READ ONLINE](#)

[7.66 MB]

Reviews

Good e book and valuable one. Better then never, though i am quite late in start reading this one. You are going to like how the article writer publish this publication.

-- **Malcolm Block**

This written ebook is wonderful. This is certainly for anyone who statte there was not a really worth studying. You may like how the author compose this pdf.

-- **Odessa Graham**

Other eBooks



Read Write Inc. Phonics: Yellow Set 5 Storybook 7 Do We Have to Keep it?

Oxford University Press, United Kingdom, 2016. Paperback. Book Condition: New. Tim Archbold (illustrator). 211 x 101 mm. Language: N/A. Brand New Book. These engaging Storybooks provide structured practice for children learning to read the Read Write Inc. Set1 and 2 sounds....



Fun to Learn Bible Lessons Preschool 20 Easy to Use Programs Vol 1 by Nancy Paulson 1993 Paperback

Book Condition: Brand New. Book Condition: Brand New.



TJ new concept of the Preschool Quality Education Engineering: new happy learning young children (3-5 years old) daily learning book Intermediate (2)(Chinese Edition)

paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment.Paperback. Pub Date :2005-09-01 Publisher: Chinese children before making Reading: All books are the Youth Pre-employment Training software download generated pictures...



TJ new concept of the Preschool Quality Education Engineering the daily learning book of: new happy learning young children (2-4 years old) in small classes (3)(Chinese Edition)

paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment.Paperback. Pub Date :2005-09-01 Publisher: Chinese children before making Reading: All books are the Youth Pre-employment Training software download generated pictures...



America s Longest War: The United States and Vietnam, 1950-1975

McGraw-Hill Education - Europe, United States, 2013. Paperback. Book Condition: New. 5th. 206 x 137 mm. Language: English . Brand New Book. Respected for its thorough research, comprehensive coverage, and clear, readable style, America s Longest War explores the origins of the...



The Kid Friendly ADHD and Autism Cookbook The Ultimate Guide to the Gluten Free Casein Free Diet by Pamela J Compart and Dana Laake 2006 Hardcover

Book Condition: Brand New. Book Condition: Brand New.