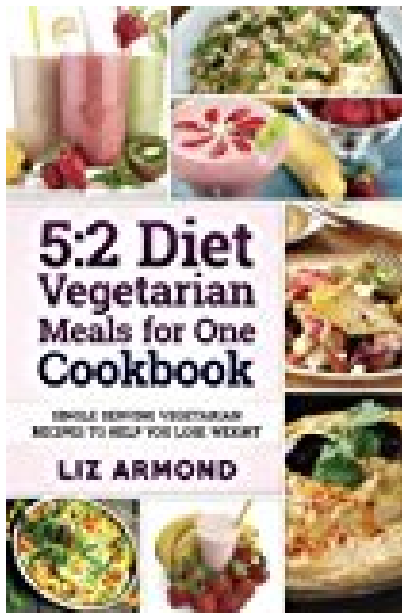


5 2 Diet Vegetarian Meals for One Cookbook Single Serving Vegetarian Recipes to Help You Lose Weight



BOOK DETAILS

- Author : Liz Armond
- Pages : 200 Pages
- Publisher : CreateSpace Independent Publishing Platform
- Language : English
- ISBN : 1514722682

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BOOK SYNOPSIS

The Skinny 5:2 Fast Diet Vegetarian Meals For One Single Serving Fast Day Recipes & Snacks Under 100, 200 & 300 Calories At last a 5:2 Diet vegetarian recipe book for SINGLE SERVINGS If you are cooking for ONE who wants to waste time working out ingredients and recipes to make single servings? Unlike most 5:2 books, ALL the recipes and snacks in this book are SINGLE SERVING recipes which will get you on your way to losing those extra pounds and feeling great FAST. Packed with: Over 100 delicious vegetarian recipe & snack inspiration ideas Intro, advice and info on the 5:2 Diet All recipes are MEALS FOR ONE The Skinny 5:2 Fast Diet Vegetarian Meals For One has everything you need to get you inspired and on track with your weight-loss. So what are you waiting for? Start today with the diet that has changed millions of people s lives around the world. Look out for our new men s 5:2 Diet title. MANFOOD: 5:2 Fast Diet Meals For Men: Simple & Delicious, Fuss Free, Fast Day Recipes For Men Under 200, 300, 400 & 500 Calories. www.cooknationbooks.com www.bellmackenzie.com"

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