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[5:2 Diet Recipe Book: Healthy and Filling 5:2 Fast Diet Recipes that You Can Make Now to Lose Weight and Enhance your Health. \(A Cookbook and Guide to the 5:2 Fast Diet\)](#)
[\(A Cookbook and Guide to the 5:2 Fast Diet\)](#)
[The Fast Diet Review: What to Expect - WebMD](#)

The basic concept behind The Fast Diet by Michael Mosley, MD, and Mimi Spencer is to eat normally for 5 days per week and eat very restricted calories on the other 2 days.

[The Fast Diet: The Simple Secret of Intermittent Fasting ...](#)

The Fast Diet has 8,068 ratings and 530 reviews. Nigeiyb said: The first, and probably last, diet book I'll ever read. Most diets don't work, or when they Nigeiyb said: The first, and probably last, diet book I'll ever read.

[Book Review: The Fast Diet Recipe Book - Get The Gloss](#)

Intermittent fasting has become the health-conscious foodie's favourite way to lose weight. Fast Diet advocate Mimi Spencer's new recipe book makes it as delicious as it is doable.

[\(Diet Review\) The Fast Metabolism Diet \(and pretty much ...](#)

Bruce, I actually did the diet and not just read the book. I had a great deal of success and lost 15 pounds in the 28 days. I continued to eat a sensible diet and stayed away from sugars and gluten's and lost another 13 pounds the following month.

[Book review: The Fast Diet - Catherine Saxelby's Foodwatch](#)

The Fast Diet by Dr Michael Mosley and Mimi Spencer I recently happened to watch dietician Matt O'Neill comment on the new Fast Diet (aka the 5:2 Diet) on morning TV. It caught my attention not only for Matt's usual easy-to-grasp explanation but also for the book's simplicity and lack of a set diet formula. So when I received a copy

[Fast Diet Review: Don't Buy Before You Read This!](#)

The Fast Diet, written by Dr. Michael Mosley and Mimi Spencer, promotes intermittent fasting as a means for weight loss, optimum health and longevity. In the book, the authors write, "Intermittent fasting can put us back in touch with our human selves. It is a route not only to weight loss, but also to long-term health and well-being."

[Weighty Matters: Diet Book Review: The Fast Diet](#)

[Diet Book Review: The Fast Diet \[Full disclosure: I was given a copy of the book by the publisher\]](#) The question

[Ugaritic Alphabetic Texts](#) [Essentials Of Econophysics](#) [Modelling Art, Peace, And Transcendence: Réograms That Elevate And Unite](#) [Computational Liquid Crystal Photonics: Fundamentals, Modelling And Applications](#) everyone seems to be asking today is whether or not intermittent fasting (meaning an occasional fasting period of up to a day not a lengthy fast/cleanse) is a viable weight loss strategy.

[Novel Applications Of The Uwv Technologies](#) [J. Scott](#) [Campbell Danger Girl Sketchbook: Expanded Edition](#) [L'histoire Des Civilisations](#) [The Fast-5 Diet - Koukos](#)

[The Fast-5 Diet and the Fast-5 Lifestyle](#) Bert W. Herring, M.D. a little book about making big changes. This book is published in electronic form as part of the Fast-5 Project for the convenience of the reader and the education of the general public. The contents are protected by copyright and may not be used in other publications without permission of the author. This electronic book may be [Welcome to 5:2 intermittent fasting](#) [The Fast Diet](#) [The Fast Diet Tracker](#) some great results! Results from our tracker show that the average weight lost over the first three months on The Fast Diet is 5-6 kgs (11 to 13 lbs). White sugar is the tip of the iceberg