



# The 5:2 Diet: Feast for 5 Days, Fast for 2 Days to Lose Weight and Revitalize Your Health

*Kate Harrison*

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## **JOIN THE 5:2 REVOLUTION**

Intermittent fasting is the quickest and healthiest way to lose weight—and keep it off. With *The 5:2 Diet*, you can eat all your favorite foods for five days each week as long as you limit your caloric intake to 500 calories on the other two days. For anyone who has struggled to shed pounds, this approachable, motivational program makes it easy to:

- slim down naturally**
- increase energy**
- reset your metabolism**
- heal your body on a cellular level**

Full of first-hand testimonials from successful dieters so you can find the best way to tailor the diet and make sure it works for you. You'll also get meal plans and recipes to guarantee you stay on track. In addition to fighting the onset of cancer, Alzheimer's, diabetes and heart disease.

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