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5:2 Diet Recipe Book: My Ultimate Fasting Diet Recipe Book (My 5:2 Diet World 3) By My Weight Loss Dream

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Pushing the 5: 2 fasting diet is a recipe for

one of the tougher aspects of January is having to face the onslaught of weight-loss The Fasting Diet, which advocates the 5:2 diet as the "ultimate

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A great companion for the 5:2 diet. I have read the book about the diet and got very interested and decided to get the recipes book since it was at a good price when

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