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and fast for 2. That's what  
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people think about dieting.

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days a week and fast for 2.  
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way people think about  
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amount of simple  
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restriction of these foods  
will supposedly help lower  
hormone levels that control  
your feelings of hunger and  
fullness. The Skinny Diet

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*plan also increases the  
amount of fiber and protein  
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Partners. The 5:2 diet  
allows you to eat as usual  
for five days and to fast*

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5 2 Diet.

*for two days. On fasting  
days, the dieters need to  
restrict intake of food to  
approximately 2000  
kilojoules (500 calories) a  
day for women or 2400  
kilojoules (600 calories)  
for men.*



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*The 5:2 diet - or*  
*intermittent fasting - is*  
*better described as an*  
*eating pattern rather than a*

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*'diet', and there is  
actually a solid amount of  
scientific evidence  
supporting its benefits -  
including weight loss,  
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metabolism.*

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packed with advice, info,  
slow cooker recipes and  
snack inspiration ideas to  
get you started and keep you  
on track.*

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you're following the hugely  
successful 5:2 Diet.

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Slow . . .

Intermittent fasting is an eating pattern that involves regular fasting. The 5:2 diet, also known as The Fast Diet, is currently the most popular intermittent fasting diet. It was popularized

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The Skinny Diet Plan |  
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*Like any diet, the 5:2 diet  
required him to be somewhat  
careful about what he ate,  
he says, since he had to*

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