



## The 5:2 Fast Diet Cookbook (Paperback)

By Samantha Logan

2013. Paperback. Book Condition: New. 129mm x 198mm x 12mm. Paperback. Lose weight and never feel hungry with The 5:2 Fast Diet Cookbook! The 5:2 diet has become the food programme of choice for losing weight. Everybody swears by it - because it .Shipping may be from our Sydney, NSW warehouse or from our UK or US warehouse, depending on stock availability. 192 pages. 0.100.



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-- **Olga Ledner MD**

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-- **Shayne O'Conner**

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