



# **The 5:2 Diet Cookbook: Soups, Salads & Snacks The Fasting Way (Low Carb)**

*Katerina Black*

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## **Are you looking for some GREAT 5:2 Diet recipes?**

Well you've come to the right place...

Okay so you may be starting the 5:2 diet (Fasting Diet) and in need for some top recipes or you may simply be wanting to try some new meals? Then this is the Cookbook for you!

If you thought the 5:2 diet was going to be boring, think again!

The recipes you'll find in this book are packed full of flavour. With the variety of recipes available, you don't have to eat the same thing everyday.

**With over 30+ Recipes, what more could you ask for?**

Who says you have to give up tasty treats to lose weight?

# Sample Recipe...

## Squashing Good Soup

Total Calorie Content: 183 calories

Prep: 20 minutes

Cook: 30 minutes

Serves: 4

### Ingredients:

-600 ml hot vegetable stock

-4Tbsp dry sherry

-1 large onion, halved

-1 kg butternut squash, peeled and seeds removed

-2 Tbsp olive oil

-seed bread croutons

-flat leaf parsley

### Directions:

1. Fry onion in pan until softened or for around 5 minutes. Add squash and sherry then allow mixture to sizzle until squash is tender or for around 20 minutes.

2. Whizz until smooth in a food processor then re-heat when ready to eat.

3. Serve with flat leaf parsley pieces and croutons.

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