

How To Develop A Super Power Memory

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The 5:2 Good Food Kitchen : Kate Harrison : 9781409152613

The 5:2 and similar intermittent-fasting diets are said to be easier to follow than traditional calorie restriction, and an advantage is that you do not have to exclude any food groups. Fasting is a simple concept which appears to promote weight loss, although the hunger experienced can be a limiting factor for some. Many see the eating regime as less of a 'diet' and more as a way of life that can help them maintain their weight loss in the longer term.

What is the 5:2 diet? - BBC Good Food

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5-veg creamy tomato soup recipe - BBC Good Food

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The Good Kitchen

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