



5:2 Vegan Diet Recipes: Your complete guide to how and why the fast diet works. Includes 100, 200 & 300 calorie recipes and a two week menu plans for easy weight loss

Sophie Miller

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If you are tired of trying and failing to follow a fad diet, the Vegan 5:2 Diet may be just the thing you have been looking for. Reducing your calorie intake for a period of days or weeks on end can be exhausting – both physically and mentally. Eventually you are going to get bored of eating nothing but low-calorie meals and watching your friends indulge in treats you once enjoyed. The beauty of the Vegan 5:2 Diet is that you can still enjoy your favorite foods AND lose weight doing it!! The idea of intermittent fasting has been around for a long time and the benefits include: *Healthy weight loss and improved eating habits *Healthy weight loss and improved eating habits *Improved cardiovascular health *Regulated metabolism – reduced problems with overeating *Decreased risk for serious diseases (ex: cancer, diabetes, etc.) *Increased rate of fat loss (especially during fasting periods) *Reduced inflammation and lowered blood pressure The Vegan 5:2 Diet was originally proposed as an alternative to the 5:2 Diet by Juliet Gellatley, founder of Viva! and an authority on vegan health and nutrition. Gellatley's interest in the 5:2 Diet was first sparked when several of her friends shared their experience with the diet, claiming that it was much easier to follow than other diets due to the reduced restrictions and the ability to eat normally 5 days a week. As a vegan herself and a proponent of vegan health and nutrition, Gellatley set out to combine the 5:2 Diet with vegan eating principles and found the results to be very positive. Now it's your turn to see the benefits and weight loss!

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Ruby Martinez:

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