



The 5: 2 Diet Nutribullet Recipe Book: 200 Low Calorie High Protein 5:2 Diet Smoothie Recipes (Paperback)

By Susan Fotherington

Createspace, United States, 2015. Paperback. Book Condition: New. 242 x 186 mm. Language: English . Brand New Book ***** Print on Demand *****.Welcome to a whole world of new tastes! Raw Greens, Raw Fruits, Raw Vegetables and the 5:2 day intermittent fasting diet combined. We have produced two hundred 250 kcal 20 protein gram recipes for men and for women. So you can have two Smoothies a day on the 2 fasting days per week. Have one for brunch and the other for dinner. The recipes are designed to provide the correct number of calories and meet the estimated average protein gram requirements for men and women on the 2 fasting days. Because restricting calories is helpful but restricting protein is not. The breakdown is as follows. 20 Superfood Smoothies 20 Heart Care Smoothies 10 Detox and Cleansing Smoothies 10 Brain Food Smoothies 6 Sleep enhancing and Stress Busting Smoothies 17 Classic Green and Fruit Smoothies 17 Classic Greens Fruits and Veggie Smoothies All recipes are stated in Cups, Grams and Ounces. The precise nutritional break down into Protein grams, Fat grams, Carb grams, Fibre grams and Kcals is calculated for each recipe using data from the U.S. Department of...



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