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As I stress in The 5:2 Diet Book, one of the best parts of this approach is its amazing flexibility. You can personalise it, and the meal planner will help you do that. I find, for example, that at different times of year, I prefer to eat differently at the time of writing, it s winter, and I am eating a single larger meal in the evening, rather than smaller breakfast and dinners.

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### **The Fast Guide to the Fast Diet for people too lazy to read the book**

This video was prepared to help members of our family and friends support group to succeed on the 5:2 fast diet. It constitutes my point of view on the diet and is not medical advice for heaven's

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### **The FastDiet Lose Weight Stay Healthy and Live Longer**

Dr. Michael Mosley is the internationally bestselling author of The Clever Guts Diet, The 8-Week Blood Sugar Diet, and the coauthor, with Mimi Spencer, of The Fast Diet.

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### **The Fast Diet Lose Weight Stay Healthy Live Longer**

With the Fast Diet it is. Dr Mosley's Fast Diet has become the health phenomenon of our times. And for good reason. This radical approach to weight loss really is as simple as it sounds. You eat normally for five days a

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