

## [THE ULTIMATE SIMPLE DIET](#)



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The Ultimate Volumetrics Diet: Smart, Simple, Science-Based Strategies for Losing Weight and Keeping It Off | Barbara Rolls PhD, Mindy Hermann | ISBN: 9780062060648 | Kostenloser Versand für alle Bücher mit Versand und Verkauf durch Amazon.

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I should point out that to me, a diet doesn't mean a plan you follow for a set time to accomplish a goal; it's simply a word to describe one's eating. But denying yourself sucks, and we only have so much will power, so I want you to cheat on this plan.

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### **The Ultimate Guide to the 5 2 Diet A Complete Guide on**

So simple -- "The 5:2 diet, or fast diet, is a diet which stipulates calorie restriction for two non-consecutive days a week and unconstrained eating the other five days. The diet originated and became popular in the UK, and spread in Europe and to the USA. It is a form of intermittent fasting. The diet became popular in the UK after the BBC2 television Horizon documentary Eat, Fast and Live

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