

The book was found

# 5:2 Diet - The Nordic Way: 4-week Meal Plan With Recipes For Fasting Days

4-week meal plan with recipes  
for fasting days

## 5:2 DIET

The Nordic Way



Tarja Moles



## Synopsis

Want to lose weight, improve your wellbeing and try a new cuisine? Now you can! This little book brings you Nordic meal ideas and recipes for your fasting days. Many Nordic foods are considered to help improve health, and combining this with the 5:2 diet, you will soon be well on your way to a healthier lifestyle! This book makes your 5:2 diet easy:\*

- \* By following the meal plan, you don't have to count calories.\*
- \* Each fasting day is planned to suit both women and men's requirements.\*
- \* The recipes are easy to make even novice cooks can prepare the meals.\*
- \* All the measurements are given in metric, imperial and US cup measures so you can choose the most familiar way of cooking for you.\*
- \* All the meals (such as soups, open rye bread sandwiches, salads and breakfast porridge) are full of delicious and wholesome Nordic flavors which make your fasting days more interesting.\*
- \* The book contains a 4-week meal plan with recipes for fasting days (that is, 8 fasting days). Each day has suggestions for two meals (breakfast and dinner) as well as an additional milk allowance for your coffee and/or tea.

With the help of this book you can easily immerse yourself in Nordic cuisine and super-charge your efforts to lose weight and improve your wellbeing! Find out more: [www.lusciousbooks.co.uk/52-diet-the-nordic-way](http://www.lusciousbooks.co.uk/52-diet-the-nordic-way)

## Book Information

File Size: 342 KB

Print Length: 73 pages

Simultaneous Device Usage: Unlimited

Publisher: Luscious Books (January 12, 2015)

Publication Date: January 12, 2015

Sold by: Amazon Digital Services LLC

Language: English

ASIN: B00S6DBF7K

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #444,322 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #25

in Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Regional & International >

European > Scandinavian #78 in [Books > Cookbooks, Food & Wine > Regional & International > European > Scandinavian](#) #643 in [Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diets & Weight Loss > Diets > Low Fat](#)

## Customer Reviews

Great little book. Found it an easy read but not very easy for me to follow on a fixed income.

UPDATE: and the author have updated the description and title. Properly described, this seems like an excellent guide/intro to fasting days.

Not helpful at all

My daughter lives in Scandinavia and she is very food-conscious so I had good reason to read and like this book. Unlike another buyer, I did not find the title misleading. For me, it does all it says on the cover. What more could I ask? I have a philosophy that encourages me to look at the way other nationalities cook and eat, so the book was a double benefit to me. I have bought other cook books by Tarja Moles and I have to say I value all of them. I can heartily recommend this one.

[Download to continue reading...](#)

Intermittent Fasting: Burn Fat Incredibly Fast, Gain Muscle and Live Longer With Intermittent Fasting (Intermittent fasting, Fasting diet, Intermittent Fasting For Beginners) 5:2 Diet - The Nordic Way: 4-week meal plan with recipes for fasting days Intermittent Fasting: Made Simple - How to Build Muscle and Burn Fat Faster with Less Effort using Intermittent Fasting (BONUS: 11 Little Known Weight ... 2 Diet, Fasting, Intermittent Fasting Diet) HCG Diet: HCG Diet Plan: HCG Diet Cookbook with 50 + HCG Diet Recipes and Videos - HCG Diet for Beginners: HCG Diet Plan - Follow HCG Diet Plan (HCG ... HCG Diet for Beginners, HCG Phase 3) Intermittent Fasting: The Ultimate Intermittent Fasting Guide for Healthy and Quick Weight Loss (Intermittent Fasting Plan, Intermittent Fasting for Women, Weight Loss, Burn Fat, Intermittent Eating) Intermittent Fasting and Feasting: Use Strategic Periods of Fasting and Feasting to Burn Fat Like a Beast, Build Muscle Like a Freak and Eat One Meal a ... Fasting One Meal a Day Book 1) Fasting: Intermittent Fasting - The Secret To Losing Weight Fast, Permanently And Feeling Wonderful (Intermittent Fasting For Weight Loss, Intermittent Fasting For Women, 5 2 Diet) Meal Prep: The Beginner's Guide to Meal Prepping and Clean Eating, Easy to Cook Recipes for a Perfect Body (Weight Loss, Meal Planning, Low Carb Diet, Plan Ahead Meals, Meal Plan, Batch Cooking) Intermittent Fasting: 6 Intermittent

Fasting Methods For Weight Loss, To Burn Fat, Build Muscle and Loose Weight By Eating Naturally. An Intermittent Fasting ... Loss, Intermittent Fasting For Weight Loss) Intermittent Fasting: 7 Beginner's Intermittent Fasting Methods for Women & Men - Weight loss and Build Lean Muscle Hacks (Intermittent Fasting, Fasting Methods, Build Lean Muscle Book 1) Meal Prep: Best Clean Eating Recipe Cookbook to Lose Weight and Feel Great (Meal Prep Cookbook, Meal Prep Recipe Book, Meal Planning, Meal Plan 1) Meal Prep Book: The Essential Cookbook To Weight Loss, Clean Eating And Staying Healthy, Meal Prep Guide For Beginners, Easy to Cook Recipes (Meal Planning, ... Batch Cooking, Plan Ahead Meals, Meal Plan) Freezer Meal Recipes : Best 50 Delicious of Freezer Meal Cookbook (Freezer Meal Recipes, Freezer Meal Cookbook, Freezer Meal For The Slow Cooker) (Lisa Shanklin Cookbooks No.3) Ketogenic Diet: Aim for Low Carb Guide Rapid Weight Loss: 40 Keto Recipes w/ Images & Bonus Meal Plan(Ketogenic Diet, Paleo, Intermittent Fasting, Atkins ... Vegan Diet, Anti Inflammatory,Dash Diet) MEAL PREP: Guidebook and 100 Recipe Cookbook for Weight Loss (Healthy Eating, Meal Prep Cookbook, Meal Planning, Low Carb Diet, Freezable Recipes, Meal Plan, Batch Cooking) Ketogenic Diet: Ketogenic Diet Mistakes You Need To Know \*\*BONUS\*\* 30 Day Accelerated Fat Loss Meal Plan! (ketogenic diet, ketogenic diet for weight loss, ... diet, paleo diet, anti inflammatory diet) Intermittent Fasting: 6 Week Meal Plan to Make Intermittent Fasting a Success! (Louis Laurent - cookbooks Book 7) Meal Prep Cookbook: Meal Prep Ideas for Weight Loss and Clean Eating, Quick and Easy Recipes for Healthy Meal Prep (Ketogenic diet, Low Carb Diet, Weight Watchers, Meal Prepping Book 2 ) Meal Prep: The Best Meal Prep Recipes Cookbook for Preparing Clean, Delicious, and Nutritious Meals (Meal Prep, Meal Prep Cookbook, Meal Planning 1) Paleo Diet for Beginners: The Ultimate Paleo Diet Guide for Weight Loss (Paleo Diet Cookbook, Paleo Diet Recipes, Paleo Diet for Beginners, Rapid Weight Loss, Paleo Diet Meal Plan, Burn Fat)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)