



Fast Beach Diet: The Super-Fast 6-Week Programme to Get You in Shape for Summer

By Mimi Spencer

Short Books Ltd. Paperback. Book Condition: new. BRAND NEW, Fast Beach Diet: The Super-Fast 6-Week Programme to Get You in Shape for Summer, Mimi Spencer, From the author of the bestselling 5:2 Fast Diet and Fast Diet Recipe Book - - Mimi Spencer presents the super-fast 6-week programme to kickstart your Fast Diet for summer. Based on the original, bestselling Fast Diet, this modified approach will take you off cruise control and give your 5:2 lifestyle a summer-time turbo boost. The Fast Beach Diet includes A clear six-week plan to encourage fat loss of up to 2lbs per week New tips and tricks to get you through your Fast Days Plateau-busting ideas to jumpstart the 5:2 A brilliant new HIT exercise programme to maximise your fitness and fat loss - in just five minutes a day 25 new calorie-counted summer recipes, and plenty of healthy speed cooking ideas for busy days With detailed meal plans and extra motivational support, this book will get you beach-fit for 2014. Think of it as a boot camp for the 5:2. For six weeks only.



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