



Manfood: 5:2 Fast Diet Meals for Men: Simple Delicious, Fuss Free, Fast Day Recipes for Men Under 200, 300, 400 500 Calories (Paperback)

By Cooknation

Bell Mackenzie Publishing, United States, 2014. Paperback. Book Condition: New. 246 x 189 mm. Language: English . Brand New Book ***** Print on Demand *****.MANFOOD: 5:2 Fast Diet Meals For Men Simple Delicious, Fuss Free, Fast Day Recipes For Men Under 200, 300, 400 500 CaloriesIf you re a man and you re looking to lose weight by following the 5:2 Fast Diet then this book of MANFOOD recipes is for you.In it you ll find a bunch of really simple, delicious and nutritious fast day recipes all under 600 calories. Each is specifically targeted at men, balancing protein, carbs, fruit and veg. Whether you fancy yourself in the kitchen as a Michelin star chef or can t tell your penne from your paella, you ll love these MANFOOD recipes. Each serves one and most can be prepared and cooked in less than 30 minutes. Job done!Packed with advice, info, tips delicious recipes, the MANFOOD: 5:2 Fast Diet Meals For Men has everything you need to get you inspired and on track with your weight-loss.MANFOOD is a new collection of food wellbeing titles for men from CookNation: #1 best selling Amazon authors of the popular Skinny series of calorie counted...



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