



The 2-day Diet: Diet Two Days a Week. Eat Normally for Five.

Tony Howell Michelle Harvie

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The 2-Day Diet is the original, clinically proven 5:2 diet to get you slim and healthy, as developed by acclaimed scientists Dr Michelle Harvie and Prof Tony Howell at Genesis Breast Cancer Prevention (all author proceeds go to this charity). To reach your perfect weight, all you need to do is follow this low-carb intermittent diet for two days a week. For the rest of the week just eat normally but sensibly. It really is that simple, and the science proves it: in trials followers lost more weight than those on continuous calorie-controlled diets, almost twice as much fat, and more centimetres around their waist - and they were more successful at keeping it off! The 2-Day Diet is packed with clear, safe and simple guidance, plus meal planners and 100 delicious and filling recipes to help you on your way. You'll find out how and why the diet works, and the numerous proven health benefits associated with it, including: reducing cancer risks; lowering high blood pressure; anti-ageing effects; and improving well-being, mood and energy levels. This is a unique way of eating that can completely retrain your appetite and rejuvenate your body on a cellular level. Finally, you can enjoy your food and stop worrying about your weight for good.

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